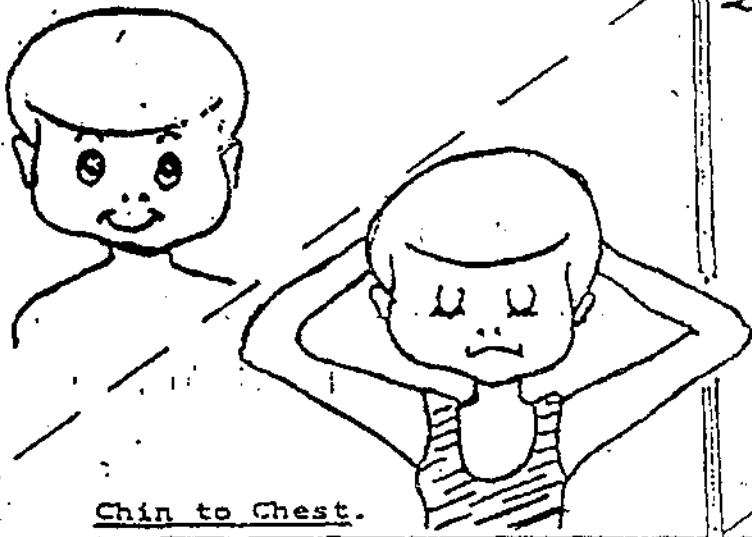
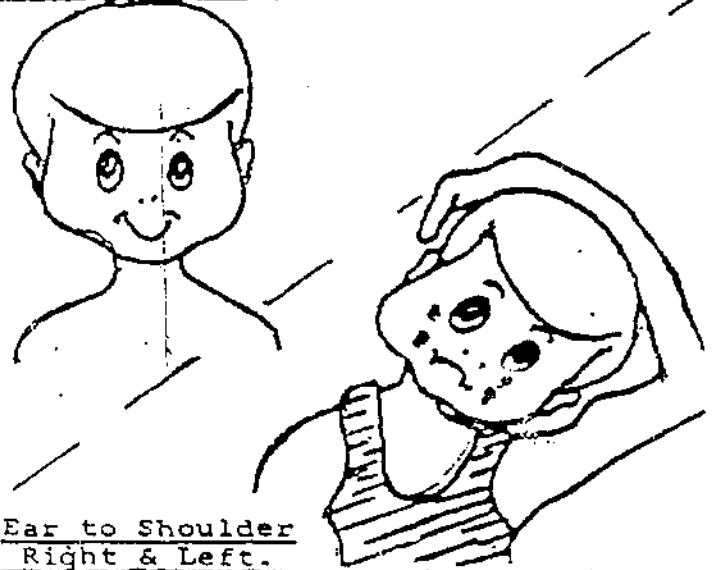


2.

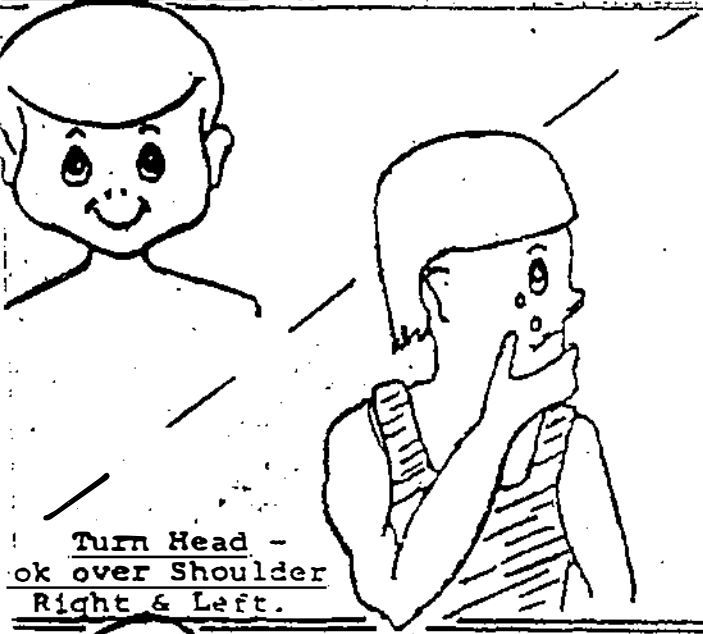


Chin to Chest.

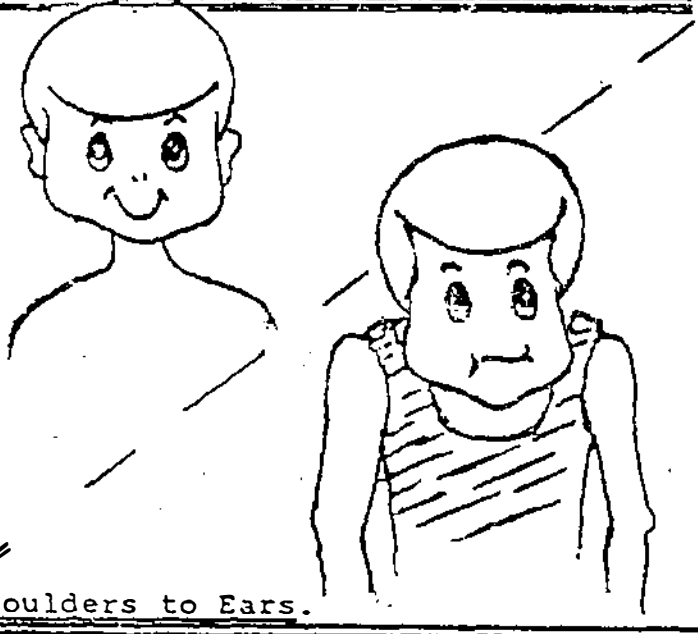


Ear to Shoulder
Right & Left.

4.

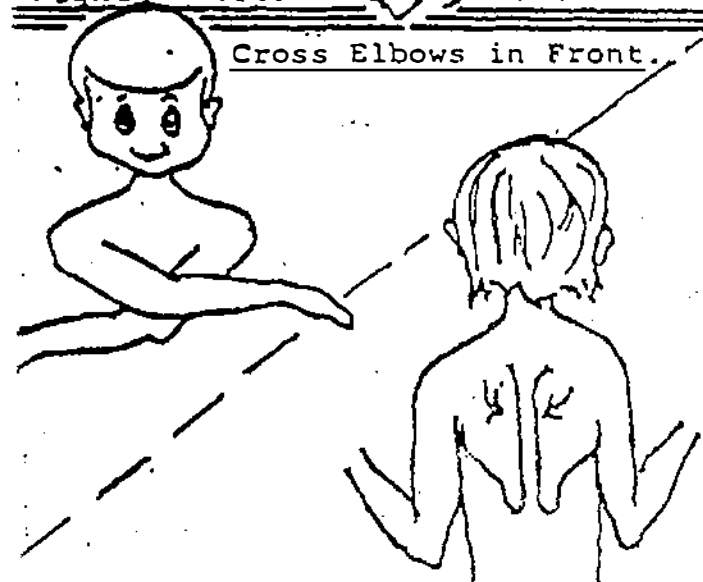


Turn Head -
ok over Shoulder
Right & Left.



Shoulders to Ears.

Cross Elbows in Front.



inch Shoulder Blades Together.

NOTE:

HOLD EACH STRETCH POSITION
TO A SLOW COUNT OF 5.

DO EACH EXERCISE 5 TIMES
4x DAILY.