



**BUILT STRONG.
STAY STRONG.**

SAFETY. HEALTH. PERFORMANCE.

STRETCH & FLEX PROGRAM

MOVE BETTER. WORK SAFER. BUILD STRONGER.

A few minutes of stretching each day can improve mobility, reduce injury risk, and keep you on the job.



THE BENEFITS



IMPROVES FLEXIBILITY



REDUCES MUSCLE TENSION & SORENESS



HELPS PREVENT INJURIES



BOOSTS ENERGY & PERFORMANCE

HOW TO USE THIS PROGRAM

- ✔ Perform before work, after work, or during breaks
- ✔ Hold each stretch 15–30 seconds
- ✔ Breathe steadily and move with control
- ✔ Stop if you feel pain



CONSISTENCY

Small daily habits lead to big results. Make it a part of your routine!

STRETCHES & FLEXES

1 NECK STRETCH



Gently tilt your head to one side. Hold, then switch sides.

2 SHOULDER STRETCH



Pull one arm across your body. Hold, then switch sides.

3 CHEST OPENER



Clasp your hands behind your back and gently lift your chest.

4 TRICEPS STRETCH



Lift one arm overhead and bend your elbow. Gently press the elbow down. Switch sides.

5 SIDE STRETCH



Reach one arm overhead and lean to the opposite side. Switch sides.

6 LOWER BACK STRETCH



Place hands on your lower back and gently lean backward.

7 QUAD STRETCH



Grab your ankle and gently pull your heel toward your glutes. Switch sides.

8 HAMSTRING STRETCH



Place your heel on a step or ledge. Lean forward with a straight back. Switch sides.

9 CALF STRETCH



Step one foot back and press your heel into the ground. Lean forward. Switch sides.

10 WRIST & FOREARM STRETCH



Extend one arm out with palm up. Gently pull fingers back with your other hand. Switch and repeat.



**STRONG TODAY.
SAFER TOMORROW.**



**TAKE CARE OF YOUR BODY—
IT'S YOUR MOST
IMPORTANT TOOL.**



**BUILD WITH PRIDE.
STAY IN THE GAME.**