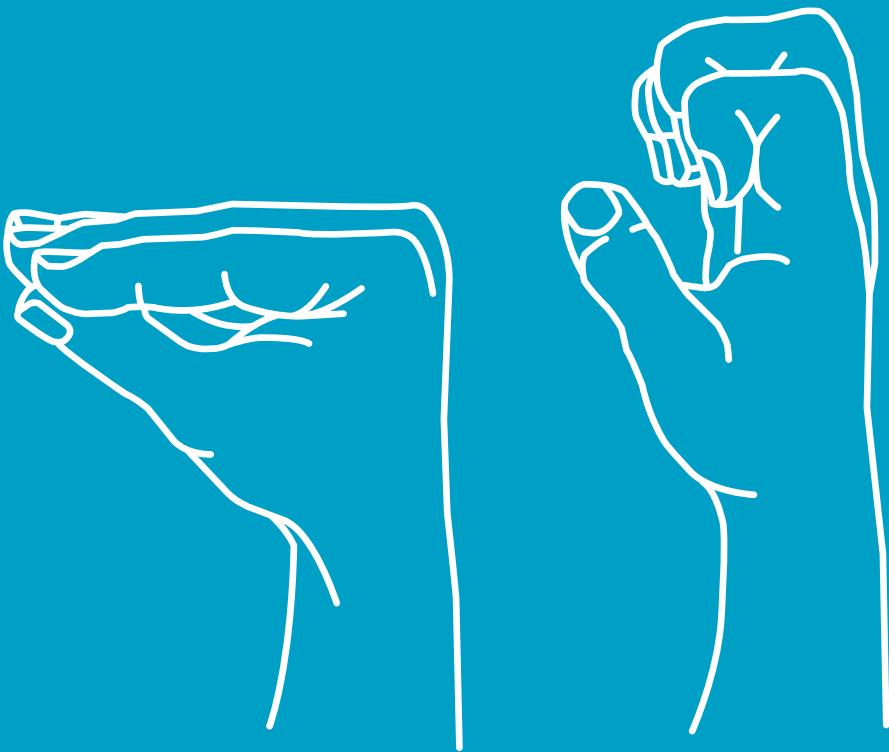


Exercise Program For:
Musician 6 Pack

1

Finger Stretch



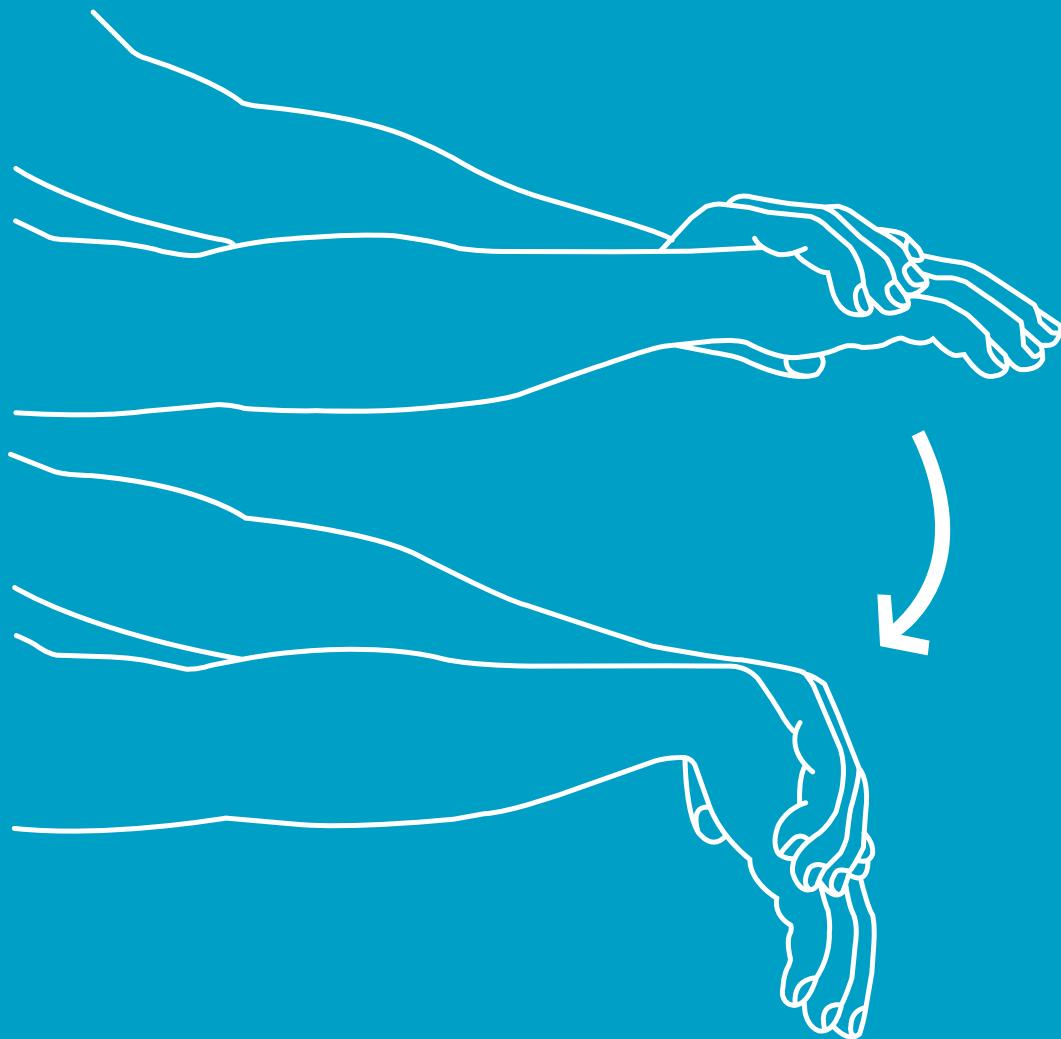
- Start with fingers curled, thumb bent, as shown.
- Straighten fingers and thumb together as shown.
- Repeat

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

Exercise Program For:
Musician 6 Pack

2

Forward Wrist Stretch



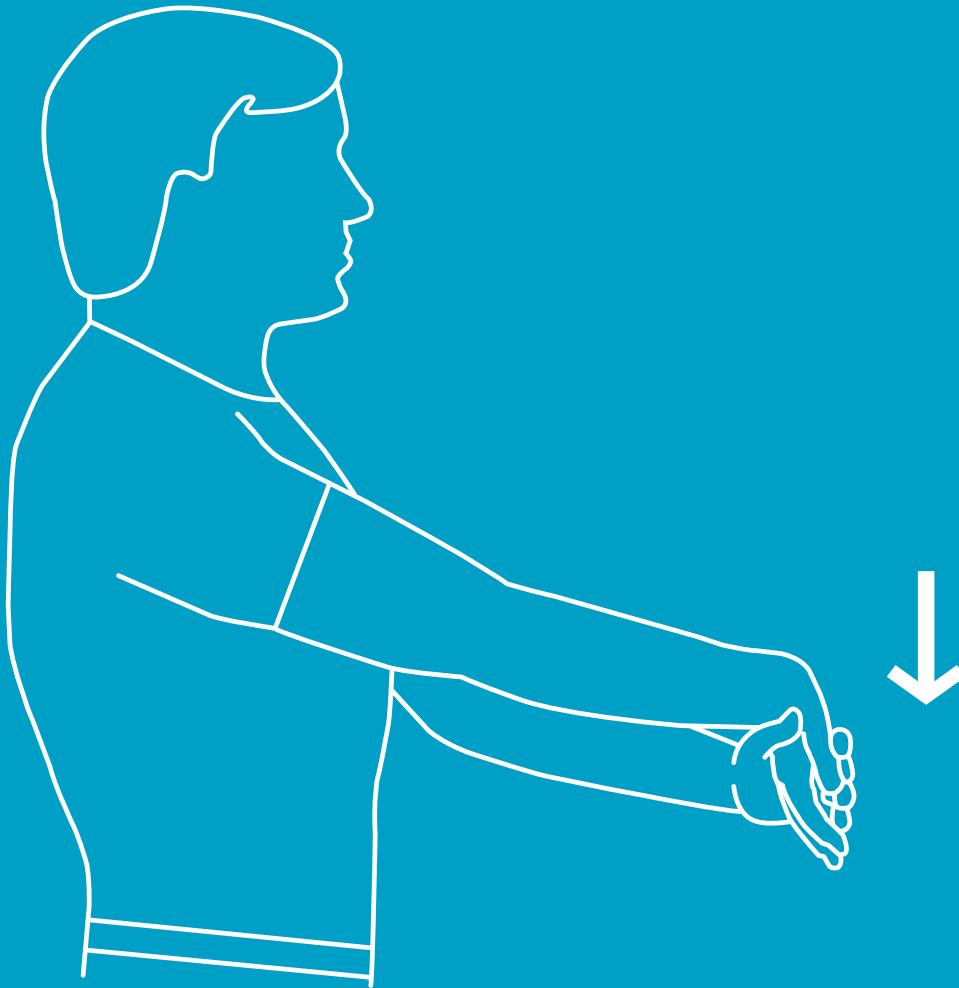
- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

Exercise Program For:
Musician 6 Pack

3

Straight Arm Wrist Stretch



- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

Exercise Program For:
Musician 6 Pack

4

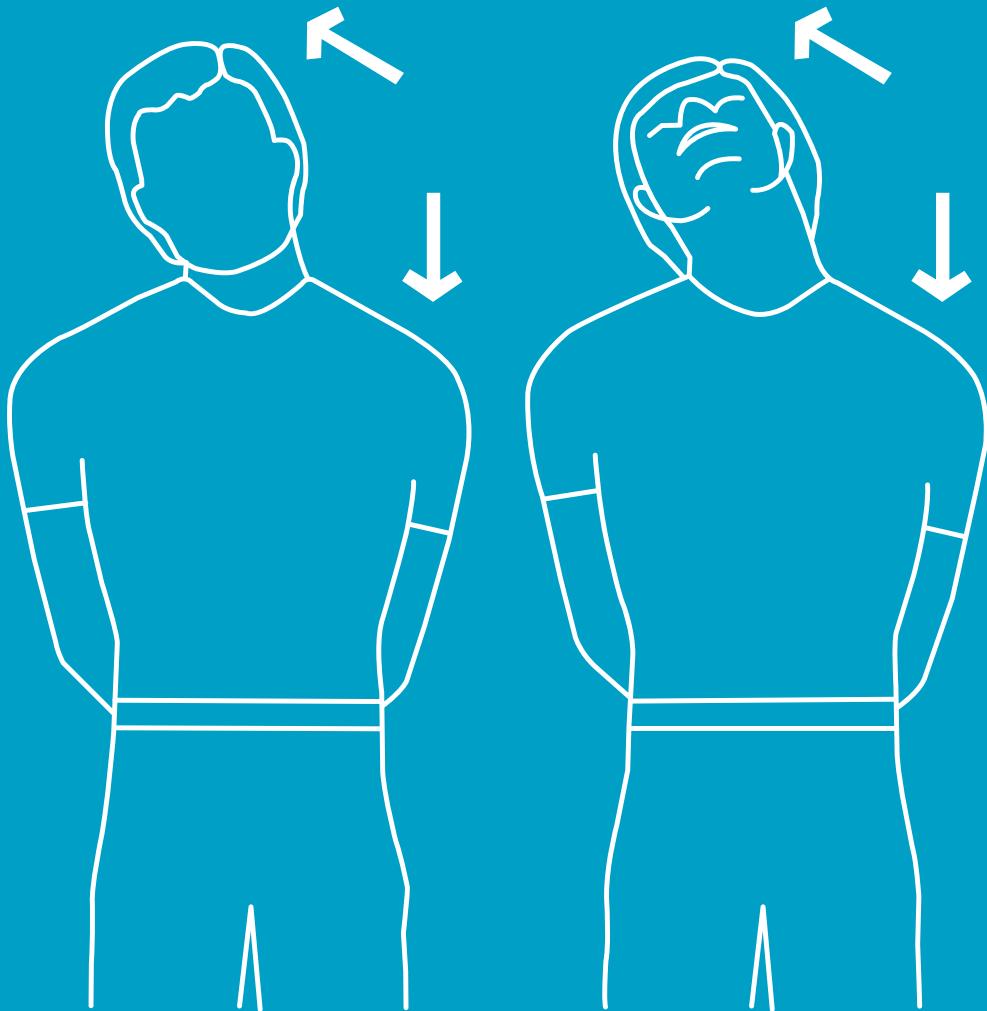
Rhomboid Stretch



- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

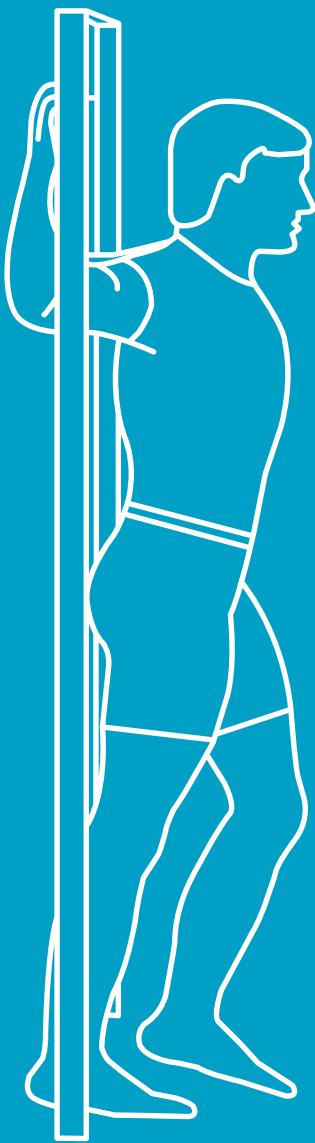
Up And Back Neck Stretch



- **Stand, hold hand behind back.**
- **Lower left shoulder, tilt head to right, and slightly upward.**
- **Repeat with other side.**

Note: This stretch may also be done while lying on back.
Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

Door Pec Stretch



- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.