

STRETCHING

CONSTRUCTION WORKERS



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



NECK



SHOULDERS & UPPER BACK



CHEST



BICEPS & FOREARMS



FULL BODY



OBLIQUES



HAMSTRINGS & LOW BACK



QUADRICEPS



CALVES



GROIN & ADDUCTORS

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

Expert Home Workout Step Plan For Workers 8887

Michael Rajnik



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