## 9032 - Tension Relieving Exercises – ( Personal

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
*Neck							
Rolls							
Shoulder							
Stretch							
*Shoulder							
Rolls							
Chair							
Side							
Bend 5							
Chair <sub>2</sub> *							
Torso							
Rotation							
Quad							
Stretch							
Back							
Stretch							
Wrist Stretch							



Employee Wellness Solutions Network