

# 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

**Wenbin Ji**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle behind it.

## **Expert Home Workout Step Plan For Workers 8887:**

## **Expert Home Workout Step Plan For Workers 8887** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Expert Home Workout Step Plan For Workers 8887**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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