

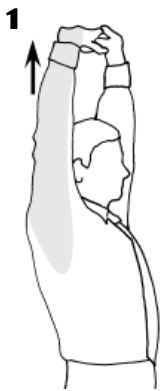
Online Stretches

1 minute

No matter how fast your modem, you're always waiting for something to load while online. (This will probably never change, for even as modems get faster and faster, files get larger and larger.) These stretches are for your upper body, especially neck, shoulders, and wrists.

- Whenever you are reading online, and not using the keyboard or mouse, you can do upper body stretches using both arms.
- After you follow this program a few times, you'll know these stretches by heart; thereafter do them frequently while online.
- Stretches 1–6 are a special routine. See pages 10 to 13 for details.

If there isn't time to do them all at one time, break the routine into short combinations: 1, 2, 3 or 4, 5, 6 or 7, 8.



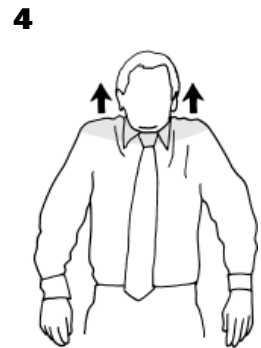
5 sec
each side
p. 70



5 sec
each side
p. 70



5 sec
each side
p. 70



5 sec
each side
p. 69



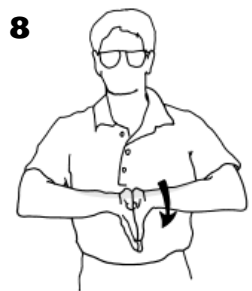
5 sec
each side
p. 72



5 sec
each side
p. 70



8 sec
p. 67



8 sec
p. 67