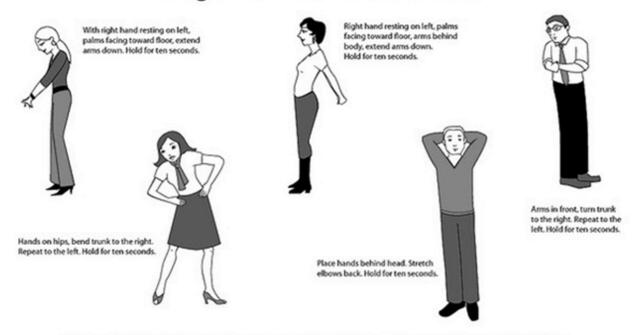
Ergonomic Breaks, Rest Periods, and Stretches Infographic



Ergonomic Stretches



Stretching should never be painful. If you notice pain while stretching, STOP!

Source: https://beenznriceart.wordpress.com/