


Upper Body Stretching Chart– PT011

<p>Description</p>	<ul style="list-style-type: none"> ◆ The Upper Body Stretching poster provides a comprehensive guide to stretching, highlighting its importance in improving range of movement, reducing the risk of injury and enhancing performance. ◆ The chart includes over 20 dynamic and static stretches for the following body parts: Neck, Arms, Chest, Shoulders, Back, Torso ◆ The QR code located in the bottom right corner of the chart provides access to videos of the stretches being performed.
<p>Details</p>	<ol style="list-style-type: none"> 1. Dimension: 840 x 594 mm (A1 Size) 2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides
<p>Image</p>	 <p>The poster is titled "UPPER BODY STRETCHING" and is divided into several sections:</p> <ul style="list-style-type: none"> WHY STRETCH?: Explains the benefits of stretching, such as improving range of movement, enhancing performance, and reducing the risk of injury. GETTING STARTED: Provides general advice, including warming up before stretching and holding static stretches for 15-30 seconds. Dynamic Stretches: Includes 5 dynamic stretches for muscles like the trapezius, trapezius/shoulders, shoulders/back/arms, shoulders/arms/back/arms, and chest. Static Stretches: <ul style="list-style-type: none"> Neck: Includes 5 static stretches for rotation, extension, flexion, lateral flexion, and oblique extension/rotation. Arms, Chest and Shoulders: Includes 5 static stretches for shoulder and triceps, shoulder, chest/shoulder/arms, chest/shoulder/arms, chest/shoulder/arms, and chest/shoulder/arms. Back and Torso: Includes 6 static stretches for latissimus dorsi, lower back muscles, latissimus dorsi, abdomen, obliques, and obliques. TIPS AND ADVICE: Emphasizes proper technique and consulting a professional if needed. Demo Videos: A QR code and link for instant access to free stretching demonstrations.