
The Stretch

stretch - definition of stretch by the free dictionary - stretch (strĕch) v. stretched, stretch-ing, stretch-es v. 1. to lengthen, widen, or distend: stretched the sweater out of shape. 2. to cause to extend from one place to another or across a given space: stretched the banner between two poles. 3. to make taut; tighten: stretched the tarpaulin until it ripped. 4. to reach or put forth; extend ... **stretches for lower and upper body** - push against with arms until stretch is felt. repeat 2-3 times. flat surface until stretch is felt in chest. repeat 2-3 times. lower back upper back mild back stretch latissimus dorsi stretch with hands on the small of the back, slightly begin by kneeling and extending forward until bend back until stretch is felt. **move!** **physical activity handout p30: sample stretches** - move physical activity handouts • p30 version 5.0 page 1 of 2 sample stretches calf and hamstring stretch: stand near a wall or other structure and lean on it with your head on your hands as shown. **exercises to stretch your shoulder - patient education - 2 exercises to stretch shoulder** wexnermedical.osu tal to yor doctor or health care team i yo have any estions aot yor care. or more health information, go to atientedcationosmced or contact the library for health information at 1330 or healthinfoosu. **stretch & flex program - clicksafety** - stretch & flex program make stretching a part of your daily routine this program is specifically designed and customized for manson construction co. it should absolutely not be modified, copied or distributed outside of the intended organization under any circumstances. walking warm-up: perform 1 - 3 minutes of walking **2017 stretch energy code - mass** - 2017 stretch energy code massachusetts gives communities two options for their building energy code - a base energy code or an optional stretch energy code. municipalities can choose to adopt the stretch energy code by vote of city council or town meeting article and it can be rescinded by vote of town meeting or city council. adoption **computer & desk stretches - lane community college** - computer & desk stretches separate and straighten your fingers until tension of a stretch is felt (fig. 1). hold for 10 seconds. relax, then bend your fingers at the knuckles and hold for 10 seconds (fig. 2). repeat stretch infig.1oncemore. raise your eyebrows and open your eyes as wide as possible. at the same time, open your mouth and stretch **united suppliers, inc. optify®/stretch - cdms** - optify®/stretch is a broadspectrum plant growth regulator for use on field crops. - optify®/stretch may be applied in liquid sprays or with irrigation. optimum growth effects are achieved when the product is applied on a regular scheduled application program. **mindful stretching - university of california, berkeley** - stretching do's and don'ts. no pain do not continue to stretch if you feel any sudden, sharp or intense pain. do not begin a stretch program if you have been experiencing significant joint or back pain. first seek the guidance from a medical professional. **1.0 stretch processing - uah - engineering** - stretch processing is a way of processing large bandwidth waveforms using narrow band techniques. for our present purposes we want to look at stretch processing as applied to lfm waveforms. it turns out that the concepts of stretch processing appear in other applications such as fmcw radar and, as we will see later, sar processing. **important guidelines stretch and flex program marine corps ...** - stretch & flex exercises make stretching a part of your daily routine. marine corps logistics base barstow, california stretch and flex program the stretch and flex program is an on-site stretch- **stretch the tax deferral of your low-cost variable annuity** - stretch the tax deferral of your low-cost1 variable annuity assume a 65-year-old beneficiary elects to take annual stretch payments. on the valuation date (the first payment date), the amount of the distribution is determined by dividing the account value by life expectancy, while the annual amount **flexion / extension sidebending rotation** - stretch to your pain-free end point, then breathe deeply through your belly and relax as you exhale. this will encourage maximal range in that stretch. 4. it is best to stretch with a warmed-up body, about the temperature that causes a light sweat. 5. for pain reduction, it is best to stretch tight muscles at night just before going to bed.

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