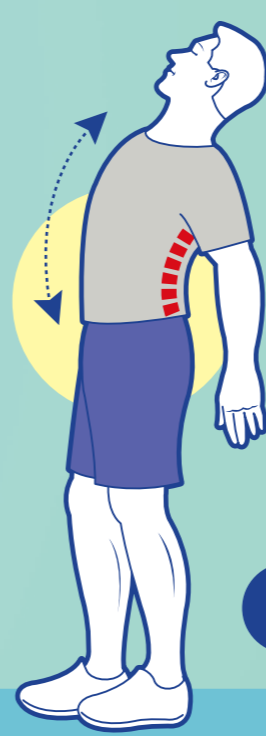


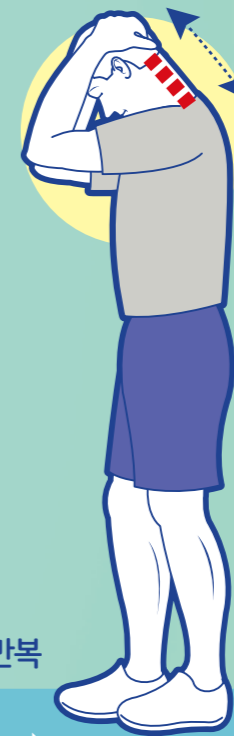
작업전 스트레칭을 습관화합시다

근골격계질환 예방으로 가는 바른 길

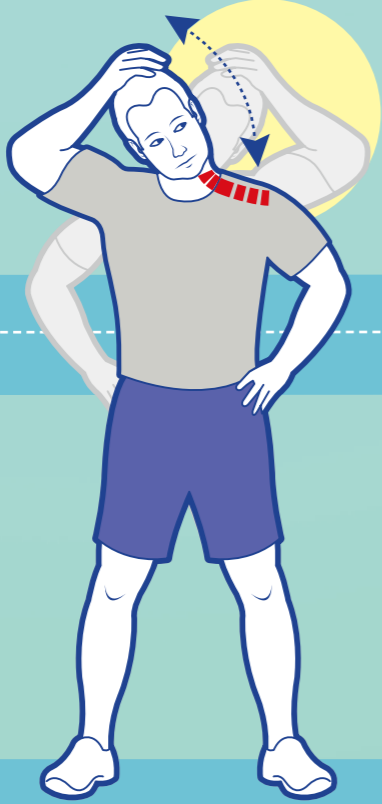
출발



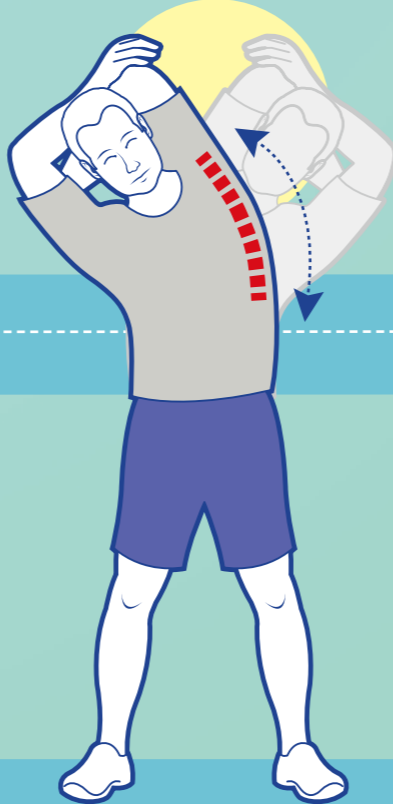
1 등
5초동안 3회씩 반복



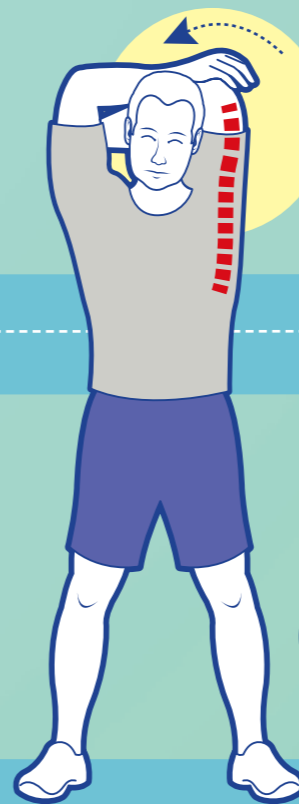
2 목뒤
한번에 15초동안



3 목옆
5초동안
각 3회씩 반복



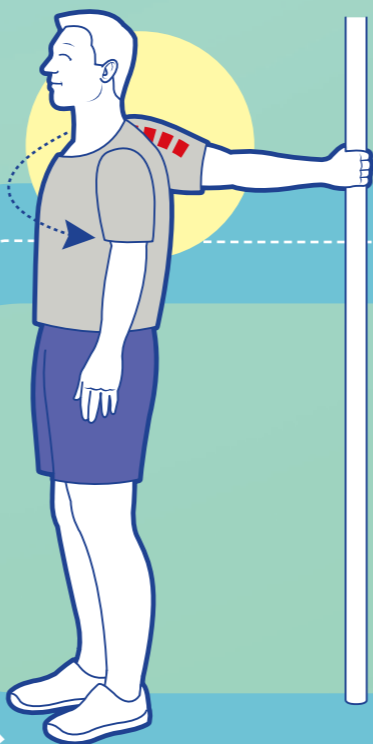
4 몸통 측면
5초동안
각 3회씩 반복



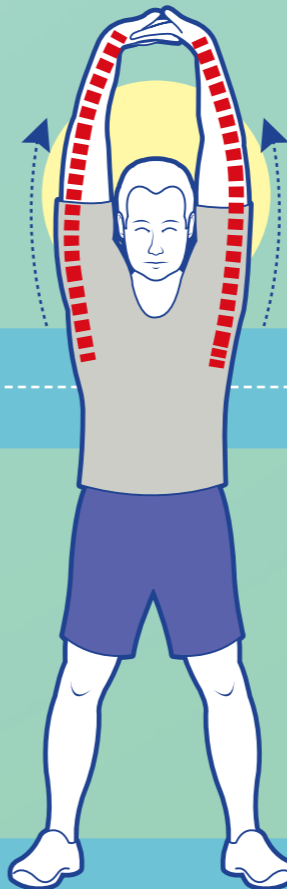
5 어깨 측면
15초동안
각 1회씩 반복



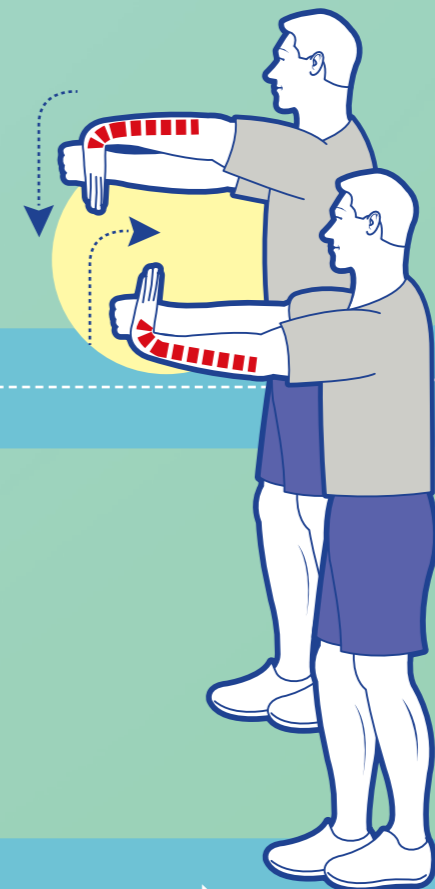
6 어깨 뒤
15초동안
각 1회씩 반복



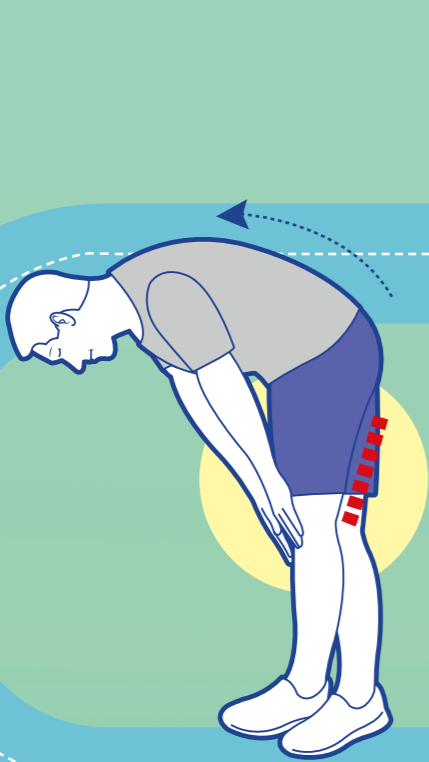
7 어깨 앞
15초동안
각 1회씩 반복



8 몸통 상부
15초동안
1회씩 반복



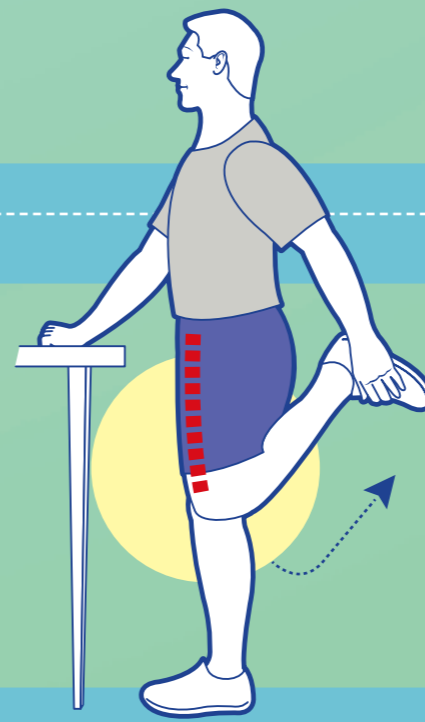
9 팔 및 손목
15초동안
각 1회씩 반복



10 허벅지 뒤
다리당 15초동안
각 1회씩 반복



11 종아리
다리당 15초동안
각 1회씩 반복



12 허벅지 앞
다리당 15초동안
각 1회씩 반복

도착