Do these quick stretches regularly to reduce fatigue and avoid injury:

1. **Back Extension**
   - Repeat 3 times, 5 seconds each.

2. **Neck Forward**
   - Do once for 15 seconds.

3. **Neck Left & Right**
   - Repeat 3 times, 5 seconds each.

4. **Elbow Pullover**
   - Repeat 3 times, 5 seconds each, both sides.

5. **Shoulder Over**
   - Do once for 15 seconds on each side.

6. **Shoulder Across**
   - Do once for 15 seconds with each arm.

7. **Shoulder Back**
   - Do once for 15 seconds each arm.

8. **Bridge Stretch**
   - Do once for 15 seconds.

9. **Forearm & Wrist**
   - Do once for 15 seconds each way, both arms.

10. **Hamstring Stretch**
    - Do once for 15 seconds each leg.

11. **Calf Stretch**
    - Do once for 15 seconds each leg.

12. **Quad & Flexor Stretch**
    - Do once for 15 seconds each leg.

Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery.