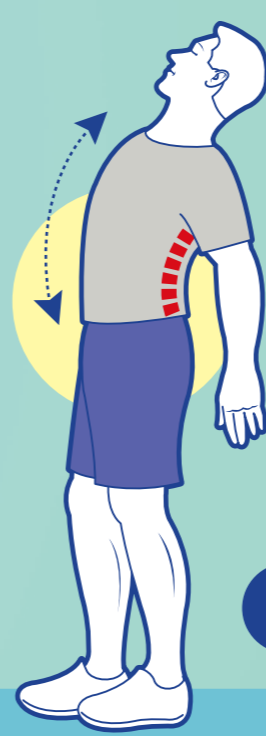


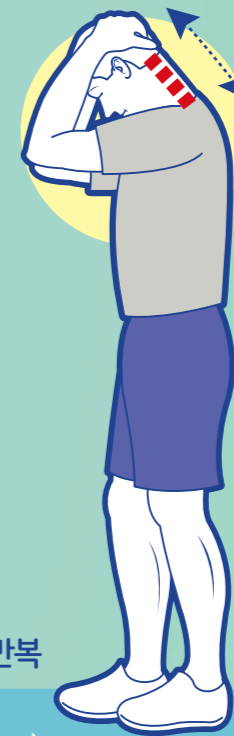
# 작업전 스트레칭을 습관화합시다

근골격계질환 예방으로 가는 바른 길

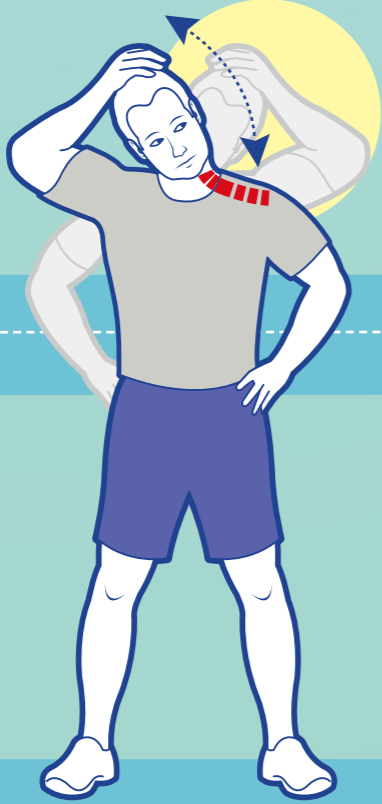
**출발**



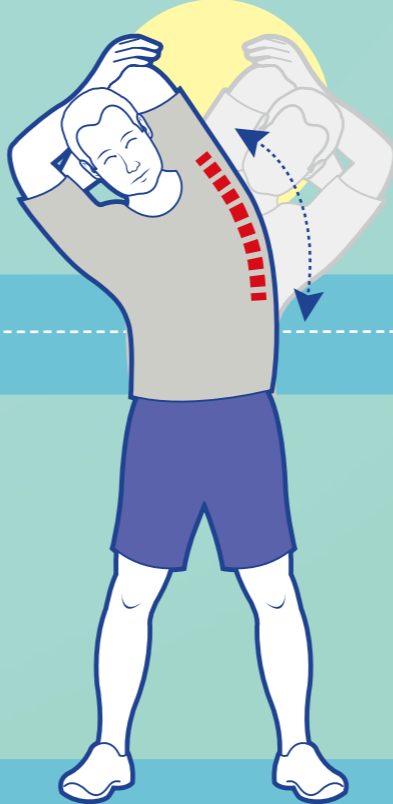
**1 등**  
5초동안 3회씩 반복



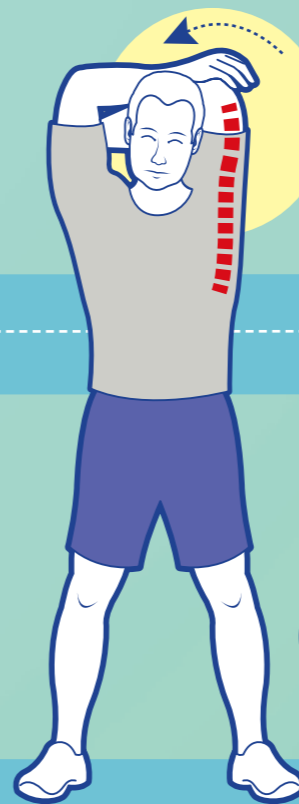
**2 목뒤**  
한번에 15초동안



**3 목옆**  
5초동안  
각 3회씩 반복



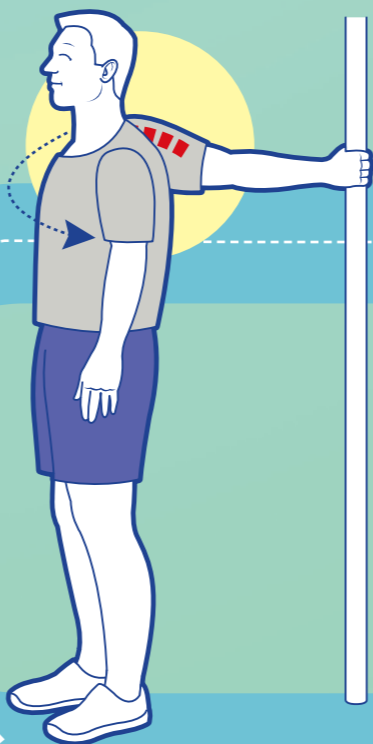
**4 몸통 측면**  
5초동안  
각 3회씩 반복



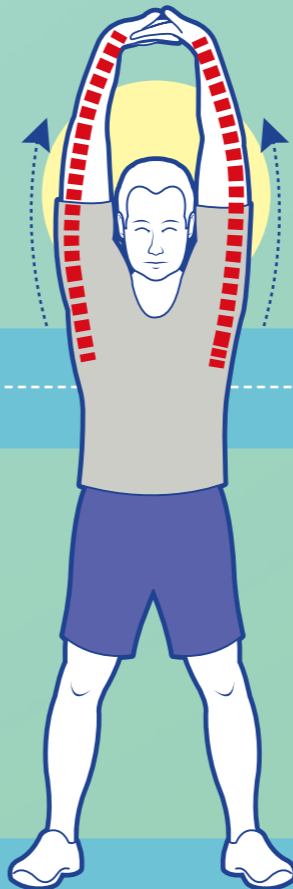
**5 어깨 측면**  
15초동안  
각 1회씩 반복



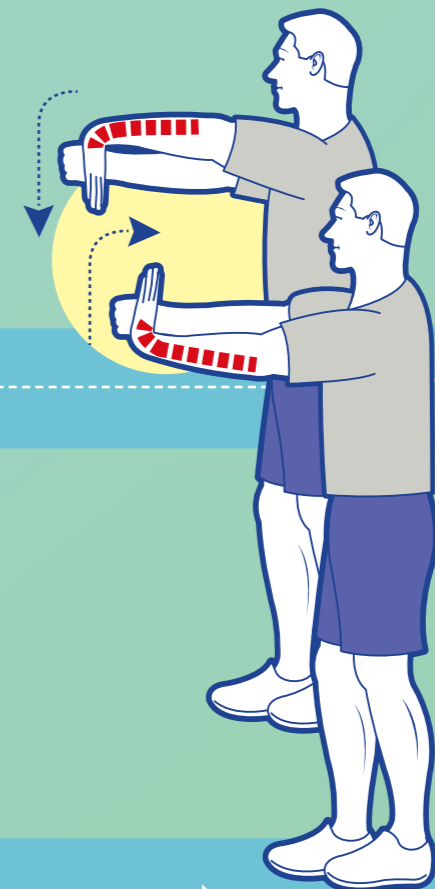
**6 어깨 뒤**  
15초동안  
각 1회씩 반복



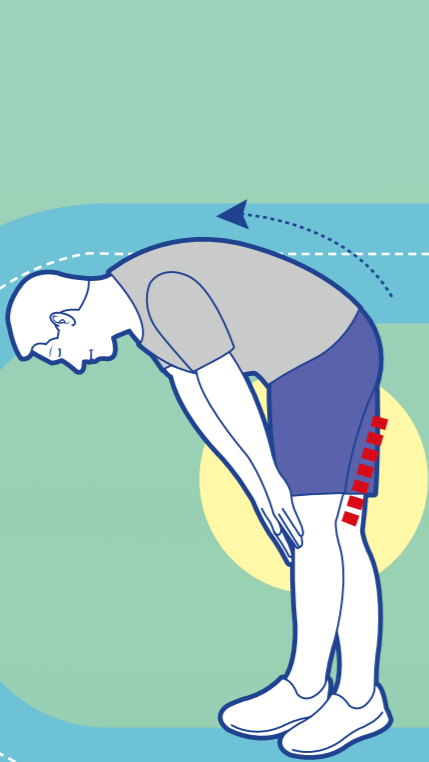
**7 어깨 앞**  
15초동안  
각 1회씩 반복



**8 몸통 상부**  
15초동안  
1회씩 반복



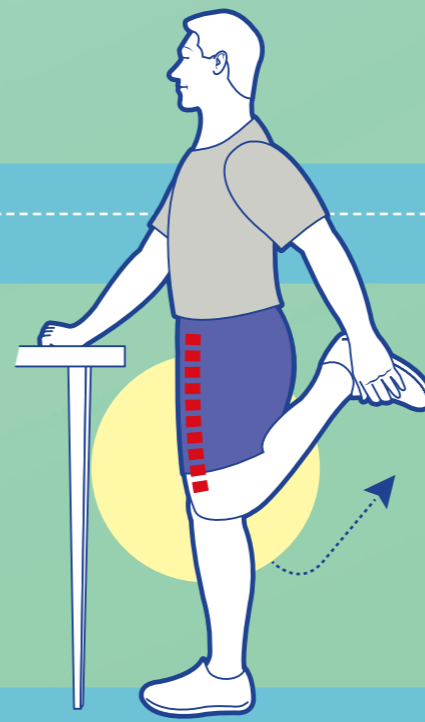
**9 팔 및 손목**  
15초동안  
각 1회씩 반복



**10 허벅지 뒤**  
다리당 15초동안  
각 1회씩 반복



**11 종아리**  
다리당 15초동안  
각 1회씩 반복



**12 허벅지 앞**  
다리당 15초동안  
각 1회씩 반복

**도착**