



Jacob AcuBalance

Restore Your Balance.

EASY STRETCHING EXERCISES in an OFFICE, CAR, or AIRCRAFT

Relieve the stiffness in your neck and back — in just 2 minutes!
Scan the QR codes and watch the full instruction videos.

1. CROSSED LEG STRETCHING



2. TURTLE NECK STRETCHING



3. NECK TILTING STRETCHING



4. LIGHTHOUSE TURN STRETCHING



5. MORNING STRETCHING



6. KEYBOARD STRETCHING



7. COLLAR BONE STRETCHING



8. DUCK WALKING STRETCHING



9. FLANK STRETCHING



10. BACKUP CHECK STRETCHING



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Instruction videos courtesy of Doctor Acupuncture in Korean Medicine (doctoracu.com).