

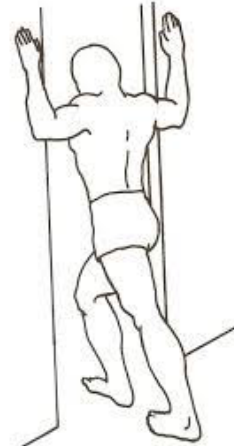
UPPER BACK & CHEST STRETCHES



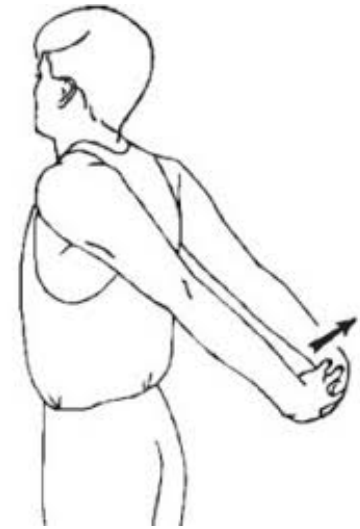
Arm Across Shoulder- Rhomboid Stretch



Arm Twist- Rhomboid



Doorway stretch- Pectoral Muscles Stretch One Arm or Both



Chest Opener- Pectoral Muscle Stretch



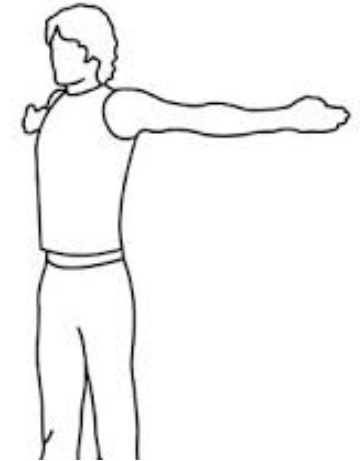
Over Head Reach + Side Bending- Latissimus Dorsi Stretch



Forward Reach- Rhomboid Stretch



Chest Openers- Pectoral Muscle Stretch Standing or laying over a Bolster or pillows



Childs Pose- Latissimus Dorsi Stretch (Focus on Shoulders pressing downward)

