

STEP 1



STEP 2



### 60 deg Pec Stretch

**HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 3x

**Setup**

- Begin in a standing upright position in the center of a doorway.

**Movement**

- With your elbows bent, place your hands on the sides of the doorway at roughly a 60 degree angle from your sides, then lean forward until you feel a deep stretch in the front of your shoulders. Hold this position.

**Tip**

- Do not shrug your shoulders during the exercise.

STEP 1



### T-mob on Bolster

**REPS:** 1 | **HOLD:** 3min | **WEEKLY:** 5x | **DAILY:** 1x

**Setup**

- Lay flat on your back on the foam roller with your knees bent. Lay your arms out straight, then bend your elbows to 30deg

**Movement**

- Hold this position for 3 minutes.

**Tip**

- Press your low back gently into the roller. Ensure your head and hips are on the roller.

STEP 1



STEP 2



### Standing Lean Away Doorway Stretch

**SETS:** 1-2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin in a standing upright position facing a doorframe with your feet together.

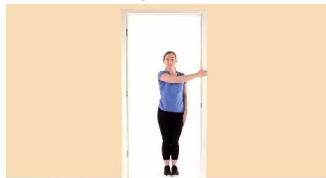
**Movement**

- Hold onto the doorframe with both hands and slowly push your hips backward, rounding your shoulders, until you feel a deep stretch in your back. Hold this position.

**Tip**

- By changing the angle of your body and turning your hips, you can guide the stretch where you want it. Once you find the stretch you want, hold this position.

STEP 1



STEP 2



STEP 3



### Doorway Rhomboid Stretch

**SETS:** 1-2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin in a standing upright position to the side of a doorframe.

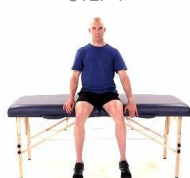
**Movement**

- Hold onto the doorframe across your body at shoulder level with one hand, then slowly lean your body in the opposite direction. Hold, then relax and repeat.

**Tip**

- Make sure to maintain a deep stretch and do not shrug your shoulder.
- You can change/guide the stretch to where you want it by changing the position of your hips and leaning.

STEP 1



STEP 2



### Seated Upper Trapezius Stretch

**SETS:** 1-3 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin sitting upright on a table grasping the edge with one hand.

**Movement**

- Rotate your head up and to the side of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a deep stretch and hold.

**Tip**

- Make sure to keep your back straight during the exercise.
- This can be done standing.

STEP 1



STEP 2



### Levator Scap Stretch

**SETS:** 1-2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin sitting upright in a chair, grasping the edge with one hand.

**Movement**

- Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a deep stretch and hold.
- You can rotate your head while adjusting the angle of pull until you feel the stretch where you want it.

**Tip**

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Seated Rhomboid Stretch

**SETS:** 1-2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin in a seated position with your arms crossed over your chest.

**Movement**

- Bend your trunk, rounding your shoulders forward at the same time. You should feel a stretch through your upper back.

**Tip**

- Make sure to keep your neck gently bent forward as you stretch. Do not stretch through pain.

STEP 1



STEP 2



### Child's Pose Stretch

**SETS:** 1-2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin on all fours.

**Movement**

- Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

**Tip**

- Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.
- Reach forward while sitting back to increase the stretch.
- Turn your hips to change the area stretched.

STEP 1



STEP 2



### Downward Dog

**SETS:** 2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin on all fours.

**Movement**

- Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

**Tip**

- Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.

STEP 1



STEP 2



STEP 3



### Sidelying Thoracic Rotation with Open Book

**SETS:** 2 | **HOLD:** 60-180sec | **WEEKLY:** 5x | **DAILY:** 2x

**Setup**

- Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

**Movement**

- Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

**Tip**

- Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.