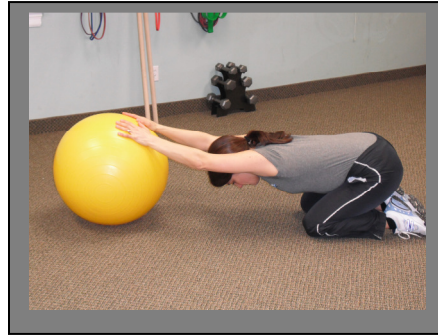
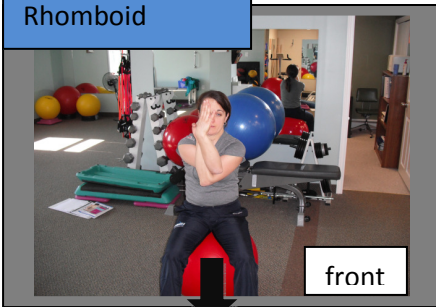


Latissimus Dorsi



- Kneel on floor.
- Place your hands on top of ball, elbow down.
- Let your back sag into stretch and sit back onto your heels.
- As you roll the ball forward.
- Hold this stretch for 20-30 seconds. Repeat 2-3 times.

Rhomboid



front

- Good posture, sitting on ball.
- Cross one arm under the other.
- Fingers of bottom arm press into the palm of top arm.

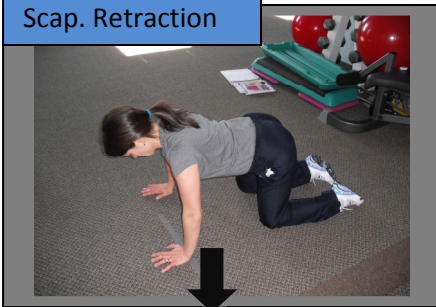


side

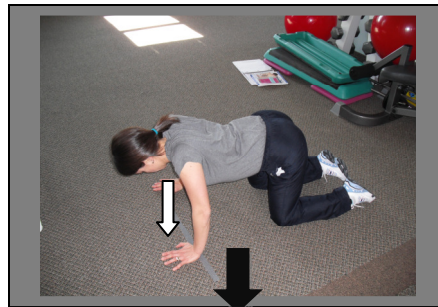


- Round shoulders.
- Bottom arm lifts up top arm.
- Hold for 20-30 seconds.
- Repeat 2-3 times/side.

Scap. Retraction



- Kneeling on floor, pelvis tipped forward (increase lumbar curve).
- Hand just outside of shoulders.

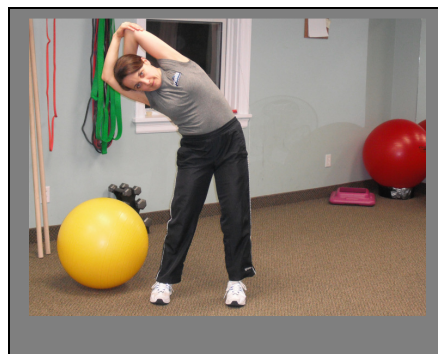
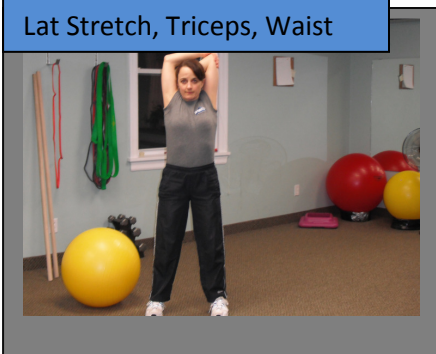


- Keep elbows straight.
- Movement occurs at rotator cuff. Lower chest, shoulder blades squeeze together.



- Press up through full range of the rotator cuff. Maintain curve in lower back to ensure that movement occurs in the Rotator Cuff not Thoracic Back.
- Repeat 12-20 times.

Lat Stretch, Triceps, Waist



- Stand up straight (knees slightly bent)
- Gently pull elbow behind head
- Bend from the hip to the side
- Hold gentle stretch for 10 sec.
- Repeat 2-4 times/side.