





# Upper Body Stretches for Flexibility

*\*Please consult with your physician before starting any fitness program\**

	<p><b>Lateral Neck Flexion – Side Bend</b></p> <ul style="list-style-type: none"> <li>• Slowly bend the head to one side, such as by bringing the left ear toward the left shoulder.</li> <li>• Place one hand on the side of your head and gently assist this motion.</li> <li>• During this stretch, the shoulders and back remain still while the neck flexes laterally to the side.</li> <li>• Once the head has flexed as far as it can comfortably go to the side, try to hold the stretch for 5 seconds.</li> <li>• This stretch is then repeated on the opposite side.</li> </ul>
	<p><b>Forward Neck Flexing – Forward Bend</b></p> <ul style="list-style-type: none"> <li>• Gradually lower the chin toward the chest and look downward while only moving the head.</li> <li>• Once the head has been flexed forward as far as it can comfortably go, hold the stretch for 5 seconds before returning to neutral position.</li> <li>• Repeat 3 x</li> </ul>
	<p><b>Shoulder Rolls</b></p> <ul style="list-style-type: none"> <li>• Stand with your arms down at your sides.</li> <li>• Chest up with shoulders back &amp; relaxed</li> <li>• Roll your shoulders up &amp; backward in a circular motion</li> <li>• Squeeze your shoulder blades down</li> <li>• Complete 5 rotations.</li> <li>• Repeat this sequence 2-3 times.</li> </ul>
	<p><b>Upper Back Rhomboid Stretch</b></p> <ul style="list-style-type: none"> <li>• Stretch your arms out in front of your body.</li> <li>• Clasp your hands together</li> <li>• Gently reach out so that you feel your shoulder blades stretching away from each other.</li> <li>• Gently bend your head forward. Tuck your chin down</li> <li>• Hold for 5-10 secs.</li> <li>• Repeat 2 to 4 times.</li> </ul>



### Latissimus Side Stretch

- Begin in standing position clasping your hands above your head, palms facing down.
- Slowly bend and stretch to the side. Exhale.
- Hold this position for 5-10 seconds.
- Repeat on the opposite side.
- Aim for 2-3 repetitions of this stretch on each side.



### Hands-behind-the-back Chest Stretch

- Stand tall with your feet hip-width apart and your hands at your sides.
- Keeping your chest lifted throughout the movement, interlace your fingers behind your back.
- Pull your shoulder blades down your back, and straighten your arms as you keep lifting your chest
- Hold for 10 seconds, then gently release the clasp of your hands.



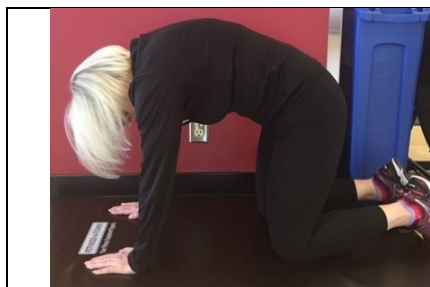
### Door Pec Stretch

- Stand up in front of an open doorway.
- Place your forearm along the wall.
- Lean your body forward until you feel a stretch across your chest and the front of your arm.
- Hold the stretch for 10-15 seconds.



### Cross Body Shoulder Stretch

- Start standing or sitting tall. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder.
- Make sure to keep your elbow below shoulder height.
- Hold for at least 10-15 seconds
- Repeat on the other side.



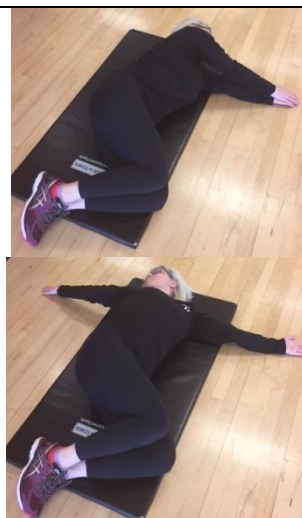
### The Cat-Cow Pose

- Begin on your hands and knees in table pose, with a neutral spine. As you inhale and move into cow pose, lift your sit bones upward, press your chest forward and allow your belly to sink.
- Lift your head, relax your shoulders away from your ears, and gaze straight ahead.
- As you exhale, come into cat pose while rounding your spine outward, tucking in your tailbone, and drawing your pubic bone forward.
- Release your head toward the floor



### Child's Pose

- Kneel on your mat with your knees wider than hip-width apart and your feet together behind you.
- Sit back on your heels & fold forward
- Extend your arms out in front of you and rest your forehead on the floor.
- Gently press your chest and shoulders toward to the ground to deepen the stretch.
- Hold for at least 30 seconds.



### T-Spine Windmill Stretch

- Lie on your right side with your knees stacked and bent at 90 degrees and your hips bent at 90 degrees.
- Stack your arms and hands together on the floor, extended out to the right.
- Slowly open up your body, bringing your left arm up and over to your left side, to form a "T" with your arms. In this position, both shoulder blades should be planted on the floor.
- Slowly reverse the movement to return to starting position.
- Do 5-10 reps.
- Switch sides and repeat.