

**Arm Circles**

Bring arms out to side. Rotate your arms clockwise 15 times and counterclockwise 15 times.

**Repeat** 15 Times  
**Complete** 1 Set  
**Perform** 1 Times a Day

**PECTORALIS DOORWAY STRETCH - HIGH**

While standing in a doorway, place your arms up on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be placed upward along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day

**LAT DOORWAY STRETCH - LATISSIMUS DORSI**

Reach overhead and hold a wall in a doorway as shown. Then bend your knees and at the waist for a stretch to your shoulder and back.

To increase the intensity of the stretch, slightly rotate your body towards the affected arm during the stretch.

Video # VVCVT4MZ7

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### PARALLEL ARM SHOULDER STRETCH

Stand with feet shoulder-width apart. Have the arm that you are actively stretching come across the front of your body and parallel to the ground.

Have the opposite arm assist in the stretch by placing it perpendicularly to the active arm to form a cross where they meet. Use the assisting arm to pull your actively stretching arm's elbow to your body.

#### TARGETED MUSCLE GROUPS:

Trapezius, posterior deltoid, Latissimus dorsi

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day



### Lat Stretch

Standing behind a sturdy chair or counter  
Place your hands on the back of the support and walk back a few steps until you make an L-Shape with your body  
Drop your back and arms down as flat as your shoulders will allow  
Keep the legs straight  
Hold this position for 10-20 seconds  
SLOWLY walk back to the chair and stand tall  
(DO NOT let go until you know you are NOT dizzy)  
REST and REPEAT

You may do this stretch multiple times during the day

**Repeat** 1 Time  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 1 Times a Day