

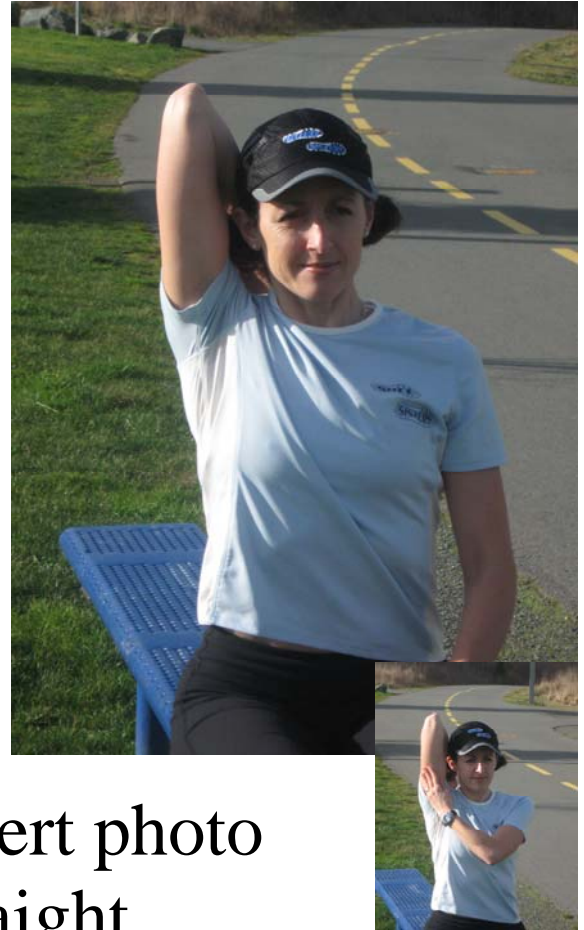
Upper Body



Tricep Stretch

(muscle group behind the back of the top of the arm)

Gently reach one arm back at a time towards the shoulder blade on the same side as the arm. To increase the intensity of the stretch, gently push the arm back using the other hand as shown in the insert photo keeping the head straight.



Back Stretch

Link your hands together palms facing in and slowly round out your back dropping your head last. If you are standing keep your knees slightly bent and shoulder width apart.