

# SHOULDER STRETCH

Hold each pose for at least 30 seconds



WALL CHEST STRETCH  
30 sec per side



UPSIDE DOWN CACTUS STRETCH  
30 sec per side



OVERHEAD SHOULDER STRETCH  
30 sec per side



DOUBLE V  
30 sec per side



LATERAL REACH  
30 sec per side



OVERHEAD TRICEPS STRETCH  
30 sec per side



WALL DOWNDOG  
30 sec



WALL PRAYER STRETCH  
30 sec

Stretches are done against wall