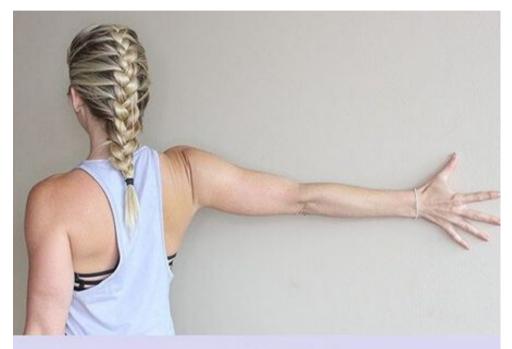
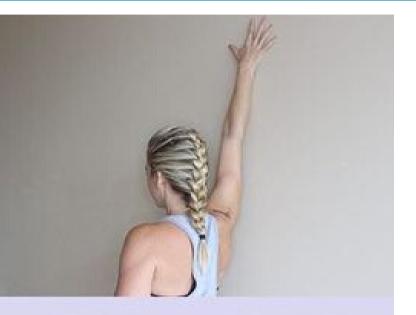
# SHOULDER STRETCH



WALL CHEST STRETCH 30 sec per side



UPSIDE DOWN CACTUS STRETCH 30 sec per side



OVERHEAD SHOULDER STRETCH 30 sec per side

LATERAL REACH 30 sec per side

## Stretches are done against wall



**OVERHEAD TRICEPS STRETCH** 30 sec per side



WALL DOWNDOG 30 sec

### Hold each pose for at least 30 seconds



#### DOUBLE V 30 sec per side



WALL PRAYER STRETCH 30 sec