
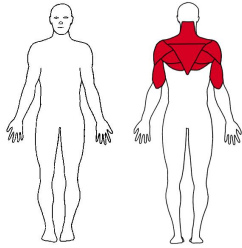
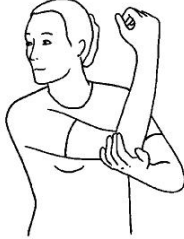
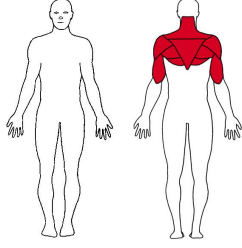

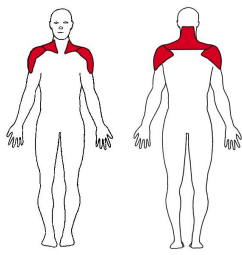

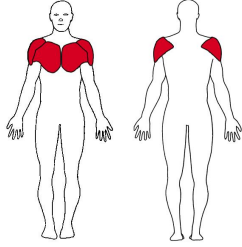

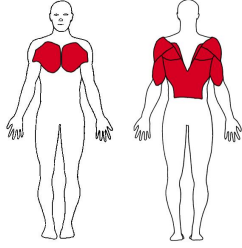


Shoulder Stretching

Exercise	Illustration	Focus	Exercise data	Comments
1 - Shoulder 1				Stand with one arm crossed in front of your chest. Use the opposite hand to pull the arm toward your shoulder until you can feel a stretch on the back of your shoulder. Hold for 30 seconds and change arm.
2 - Backside shoulder 2				Cross one arm over the chest. Bend the elbow and turn the arm until the hand is pointing up towards the ceiling. Grab the arm and pull it in towards the opposite shoulder, until you feel a stretch at the backside of the shoulder and between the shoulder blades. Keep the stretch for 30 seconds and change arm.
3 - Neck and shoulder				Keep your hands behind your back, lower both shoulders and lean your head down toward one shoulder. Hold for 30 seconds and repeat for opposite side.
4 - Chest and shoulder 1				Fold your hands behind you, push your chest forward and pull your arms back until you feel a good stretch in your chest and shoulders. Hold for 30 seconds.
5 - Stretching of the shoulders				Hold the rods tightly against the spine, by placing one hand on the lower back and the other at the neck. Pull the rods down to the lower arm until it goes to the upper arm and down toward the chest. Hold position for 30 seconds. Repeat with the other arm.



[See video of your exercises](#)