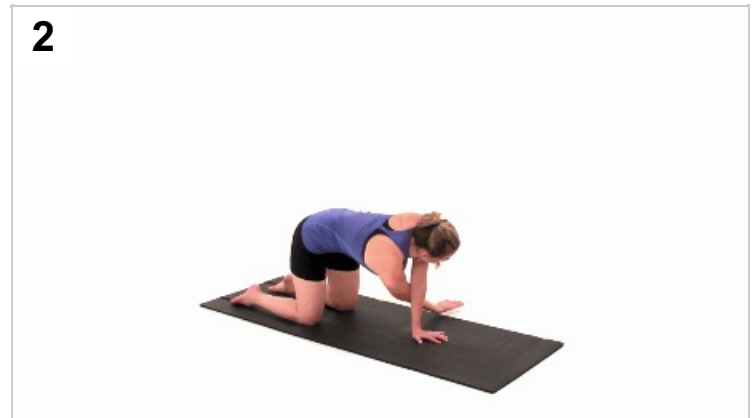
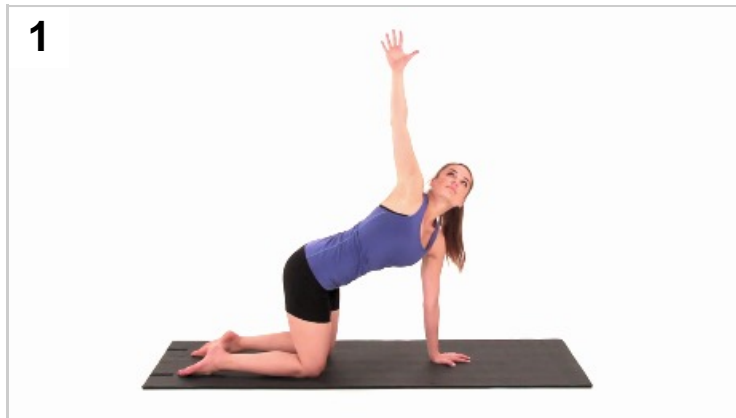




Quadruped Full Range Thoracic Rotation with Reach

REPS: 3	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 7			



Setup

Begin on all fours.

Movement

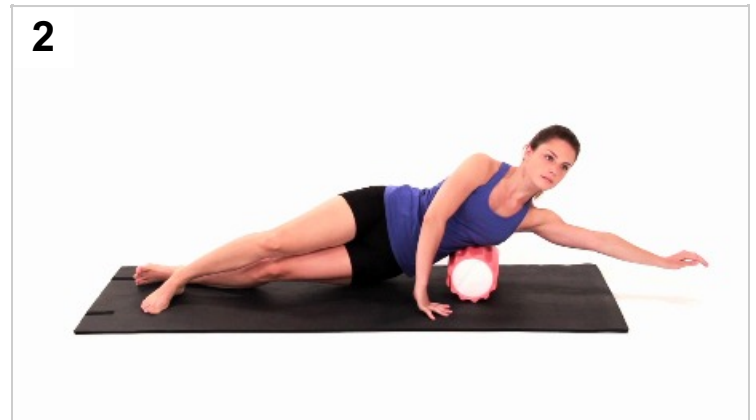
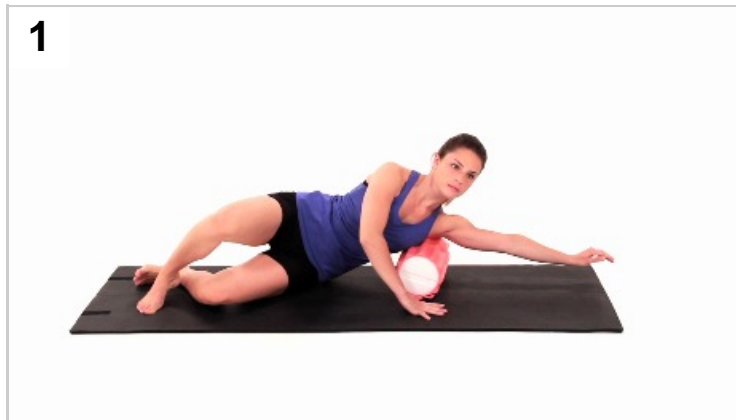
Lift one arm out to your side, then to the ceiling, rotating your trunk at the same time. Next, reach that arm all the way under your body, through your opposite arm and leg, rotating your trunk in the opposite direction. Repeat these movements.

Tip

Make sure to keep your movements smooth and controlled. Follow your arm with your head as you move.

Latissimus Mobilization on Foam Roll

REPS: 3	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 3-4			



Setup

Begin on your side with your bottom arm straight and a wrapped foam roller resting under the side of your ribcage.

Movement

Gently roll the side of your body over the foam roll.

Tip

You can adjust the pressure by changing how much of your body weight is resting on the roll.

Half Kneeling Hip Flexor Stretch with Chair

REPS: 3	SETS: 1	HOLD: 30	DAILY: 1
WEEKLY: 3-4			



Setup

Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

Movement

Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

Tip

Make sure to stay upright and keep your buttocks tight.