

Stretching: Chest/Triceps

1A) Wide Arm Stretch/Reverse Butterfly > 15-30 Seconds (See Image W1:1A)

1B) Extended Child's Pose on Fingertips > 30 seconds (See Image W1:1B)




Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips. Bend forward from the hips and walk your hands out as far in front of you as possible. With the arms extended and palms facing down, come up onto the fingertips as if you have a ball underneath your palms and melt the chest toward the ground.

(Hold this stretch for 30 seconds. Repeat 2 times.)

2A) Overhead Triceps Stretch > 20 seconds > Each Arm (See Image W1:2A)

2B) Dynamic Triceps Stretch > 30 seconds (See Image W1:2B)

Extend your arms straight out to the sides so they're parallel to the floor with your palms facing down. Rotate your arms in backward circles for 15 seconds, then rotate your arms in forward circles for 15 seconds. Repeat each movement 3 times.

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	