

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Thoracic rotations



- Start on all fours, hands below your shoulders and knees below your hips.
- Bring your hand behind your head, rotate out, bring your chest towards the side, and then turn inward, bringing your elbow towards your hand.
- Complete 10-12 repetitions on each side.
- Complete this exercise 1-2 times a day

Open Book Thoracic Rotations



- Lie on your side with your hands stretched out in front of you.
- Rest your top leg on a roller or pillow to stabilize your hips.
- Lift your top arm and rotate out until you reach behind you. Reach as far behind as you can without forcing the movement.
- Complete 10-12 repetitions on each side.
- Repeat this exercise twice a day

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Roller Thoracic Spine Extensions



- Lie on the foam roller. Place the roller under the upper-mid back area.
- Stretch your arms up parallel to your neck and head. Or place your hands behind your back if you're feeling neck tension.
- Roll the mid-back on the mat by extending your spine on the roller and back to a neutral position. The roller helps release any tightness in that area and mobilizes the spine

Thoracic Extensions (Roller, chair, bench)



- Place your forearms on the roller, bench, or chair. It doesn't matter which tool you use for this exercise.
- Stretch out your back and slightly arch your back by naturally letting your chest drop to the floor.
- Then slightly lift your lower rib cage
- Complete 6-8 repetitions

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Wall Windmill



- Begin in a lunge position, with your forward leg closer to the wall.
- Extend one or two arms in front of you.
- Keep one arm forward and rotate your arm in a circular motion over your head while keeping your arm closer to the wall.
- Follow your arm movement with your head to ensure you're not just moving your shoulders but your thoracic area as well.
- Complete 8-12 repetitions on each side and repeat 1-2 times a day