

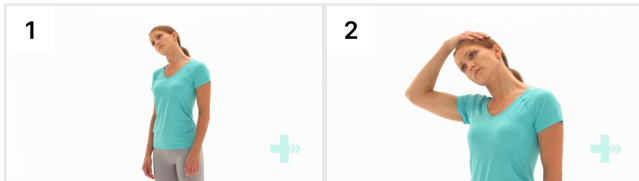
3 Sets • 4 Reps • 15 s hold

1. Cervical lateral flexion stretch

Gently tilt your head to one side until you feel the stretch on the opposite side.

If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.

Repeat on the opposite side.



3 Sets • 4 Reps • 15 s hold

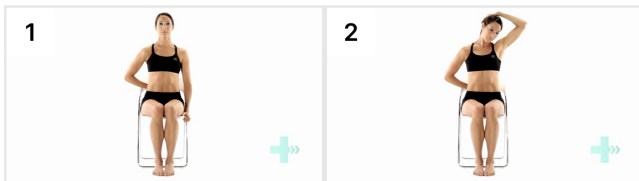
2. Levator scapula stretch

Start in a seated position.

Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.



3 Sets • 5 Reps • 15 s hold

3. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

