

CHEST - 3 Pectorals

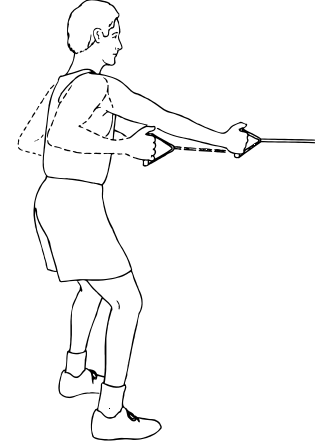
Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 30 seconds.



Repeat 1 times.  
Do 1 sessions per day.

MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

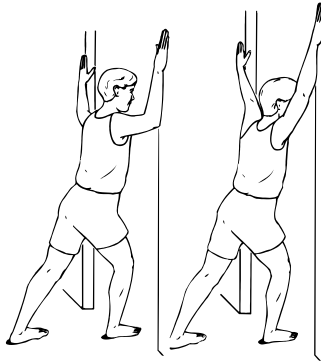


Repeat 15 times per set.  
Do 3 sets per session.  
Do 2 sessions per week.

Anchor Height: Waist

CHEST - 6 Pectorals

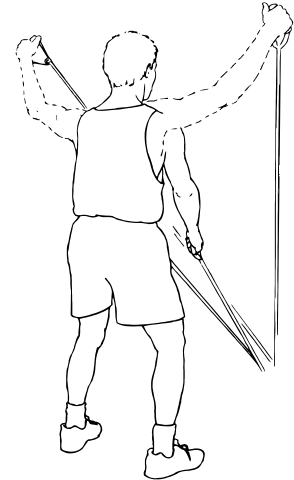
With arms forming a T, lean forward until stretch is felt. Hold 30 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 1 times.  
Do 1 sessions per day.

SHOULDER / UPPER BACK - 8 Elevation

Face anchor in shoulder width stance, arms reaching forward, thumbs up. Raise arms up and out.

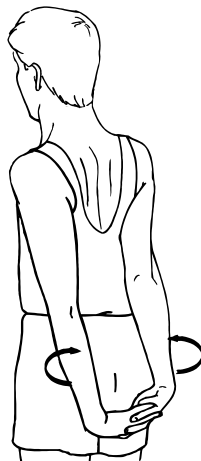


Repeat 15 times per set.  
Do 3 sets per session.  
Do 2 sessions per week.

Anchor Height: Ankle

SHOULDERS - 5 Deltoids

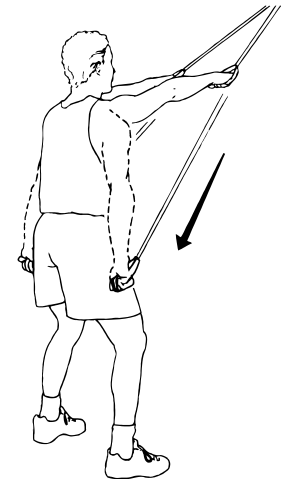
With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 30 seconds.



Repeat 1 times.  
Do 1 sessions per day.

SHOULDER / UPPER BACK - 4 Lat Pull Down

Face anchor with knees slightly flexed. Palms down, pull arms down to sides.



Repeat 15 times per set.  
Do 3 sets per session.  
Do 2 sessions per week.

Anchor Height: Over Head