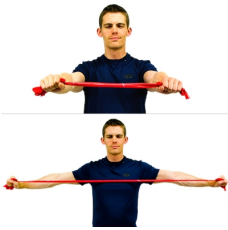


1



## Pull apart

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side.

Repeat 10 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day

5



## CHEST STRETCH FOAM ROLLER - T

Lie down on a foam roll and allow your arms to drop towards the floor with your elbows straight as shown.

Hold for a gentle stretch across your chest.

Repeat 2 Times  
Hold 30 Seconds  
Perform 2 Time(s) a Day

2



## Shoulder Diagonal Pull apart

Start with your hands and arms straight out in front of you holding the band tight with your palms up. Pull your hands apart in a diagonal pattern so one hand is up and the other is down.

Repeat 10 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day

6



## CHEST STRETCH FOAM ROLLER - 90/90

Lie down on a foam roll and allow your arms to drop towards the floor with your elbows bent and 90 degrees away from your side as shown.

Hold for a gentle stretch across your chest.

Repeat 10 Times  
Hold 5 Seconds  
Perform 2 Time(s) a Day

3



## ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Pinch the shoulder blades together. Keep your elbows near the side of your body.

Repeat 10 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day

4



## Shoulder Extension with Theraband

Start with a little tension on the theraband, arms straight, and about 45 degrees out from your body. Keeping arms straight, bring arms back and down towards your sides. Return to start.

Repeat 10 Times  
Complete 2 Sets  
Perform 1 Time(s) a Day