



Upper trapezius/neck stretch:

PLACE YOUR RIGHT HAND OVER YOUR HEAD. PLACE YOUR LEFT HAND BEHIND YOUR BACK. PULL YOUR RIGHT HAND AND HEAD TO THE RIGHT. *HOLD FOR 30 SECONDS AND SWITCH SIDES.*



Shoulder/Rhomboid stretch:

REACH YOUR LEFT ARM ACROSS YOUR CHEST, KEEPING YOUR ARM STRAIGHT. PULL YOUR ELBOW TOWARD YOUR CHEST WITH YOUR RIGHT HAND. YOUR LEFT PALM SHOULD FACE BEHIND YOU. *HOLD FOR 30 SECONDS AND SWITCH SIDES.*