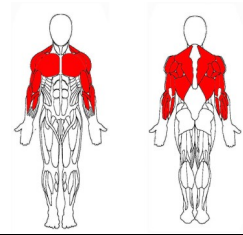


# STRETCHING

## UPPER BODY



**⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.**



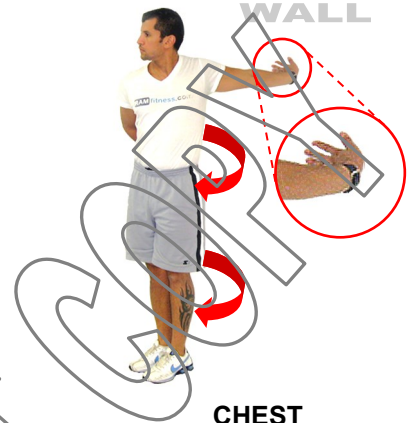
**NECK**



**SHOULDERS**



**SHOULDERS & UPPER BACK**



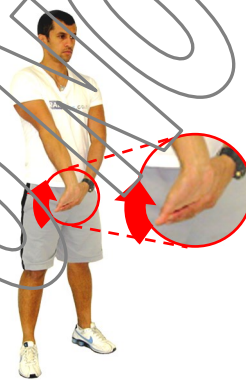
**CHEST**



**SHOULDERS & CHEST**



**TRICEPS**



**BICEPS & FOREARMS**



**BICEPS & FOREARMS**



**LATS**



**BACK & LATS**

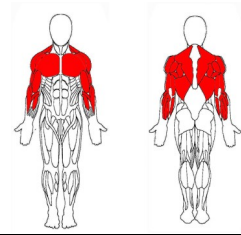


**OBLIQUES**

**• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain**

# STRETCHING

## UPPER BODY



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NECK

### NECK

Can be done standing or sitting. Place your left hand on top of your head and gently pull toward the left side. Pull the right hand down in the opposite direction until you feel a mild stretch on the side of the neck. Switch sides.



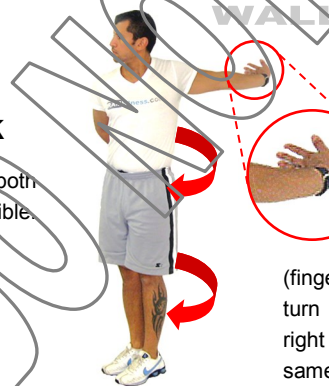
### SHOULDERS

Extend your right arm across your chest and place the left hand on your right elbow. Gently pull your right arm toward your body. Switch sides.



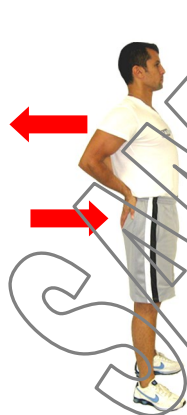
### SHOULDERS & UPPER BACK

Interlock your fingers and extend both arms out as far as comfortably possible. Take a deep breath while stretching.



### CHEST

Stand facing a flat sturdy surface (wall, door frame, etc.) Extend your left arm at shoulder level and place the palm fully on the surface (fingers will be pointing out.) Slowly turn your entire body toward your right side while also looking in the same direction. Switch sides.



### SHOULDERS & CHEST

Stand straight and place your hands on the back of your hips. Elbows pointing nearly backward. Gently push your hands forward until you feel a mild stretch across your chest.



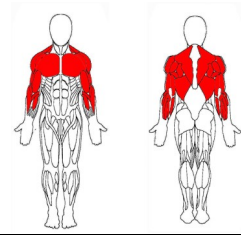
### TRICEPS


Place the right hand behind your neck with the right elbow pointing up toward the ceiling. Extend left hand across and slightly push the right elbow backward until you feel a mild stretch in the triceps area. Switch sides.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

# STRETCHING

## UPPER BODY



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



### BICEPS & FOREARMS

Extend the right arm down with the palm of the hand facing down and fingers pointing backward toward the body. Place the left hand underneath the palm of the right hand and slightly pull the fingers up to feel a slight stretch in the forearm area. Switch sides.



### BICEPS & FOREARMS

Place both hands palms down on a low and stable surface (like a chair.) Turn fingers toward the body. Gently lean forward until you feel a mild stretch in the fore-arms area.



### LATS

While standing, extend both arms up as high as you can. Take a deep breath while stretching.



### OBLIQUES

Extend both arms up and slowly lean toward one side until you feel a mild stretch on the side of your abdominal area. Switch sides.



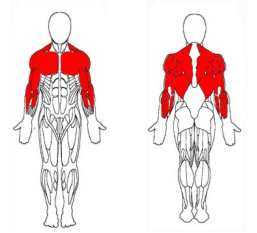
### BACK & LATS

Place both hands on a sturdy object that's hip-level high (back of a chair, fence, table, etc.) Bend upper body down until almost parallel to the floor.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

# STRETCHING LOG

## UPPER BODY



**⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.**



	Neck	Shoulders	Shoulders & Upper Back	Chest	Shoulders & Chest	Triceps	Biceps & Forearms	Biceps & Forearms	Lats	Obliques	Back & Lats
Mon											
Tue											
Wed											
Thurs											
Fri											
Sat											
Sun											

**Stretch daily • Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain**