

STRETCHING

NECK & BACK



NECK



NECK



NECK &
UPPER BACK



SHOULDERS* &
UPPER BACK



SHOULDERS*



LATS



BACK & LATS



BACK & LATS



NECK &
UPPER BACK

* Shoulders mentioned in this guide all refer to the upper back area (Rear Deltoids)

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



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