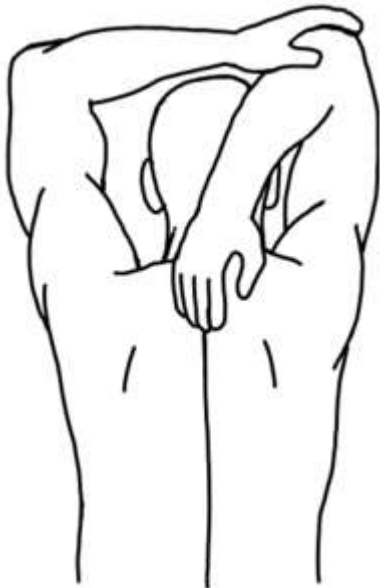


Upper Trapezius Stretch



1. Put one arm behind your back as shown
2. Using the other hand gently pull your head in the opposite direction , you should feel a gentle stretch over your trapes
3. Hold gently for 1 minute, and repeat for the other side.

Tricep Stretch



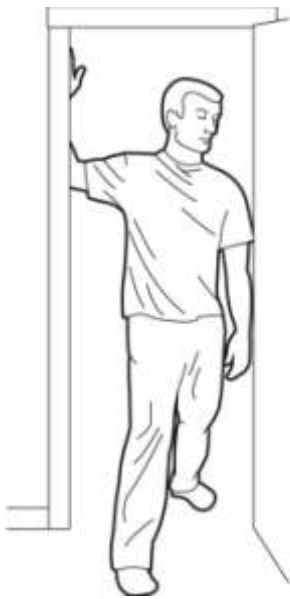
1. Start the position as shown
2. Gently pull the arm down your back feeling for the stretch
3. Hold gently for 1 minute

Rhomboid Stretch



1. Start in the position as shown
2. Gently hold the stretch for 1 minute

Pec Stretch



1. Start in the position as shown
2. Gently turn your body away from the arm feeling for the stretch in the chest
3. Hold gently for 1 minute