

Shoulder Shrug

- Hold 5-10lb weights in each hand
- Relax your arms at your sides
- shrug both shoulders, then relax
- Repeat as many times as you can until the muscles are completely exhausted

1x/day

The Crossover Stretch



- Extend one arm straight in front of you
- With the opposite hand grasp the extended arm at the elbow and pull the arm across your body- take it to a point of stretch
- Hold 20 seconds
- Repeat on opposite side

The Door Stretch Lower and Upper



- Stand in a doorway with arms by your side
- Reach out and brace your hands against the door frame
- Lean forward and feel the stretch in your chest and shoulders
- Hold 20 seconds
- Now take a half a step back and raise your arms above your shoulders
- Brace hands once again on door frame
- Lean forward again to stretch chest
- Hold 20 seconds