

Chest Press Stretch



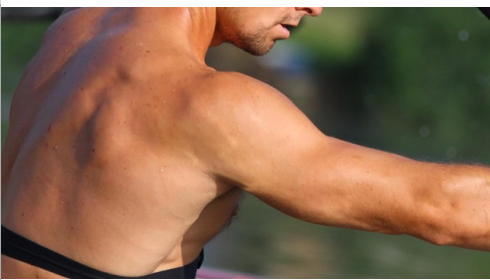
Thoracic Roller



Thoracic Press



Shoulder Opener



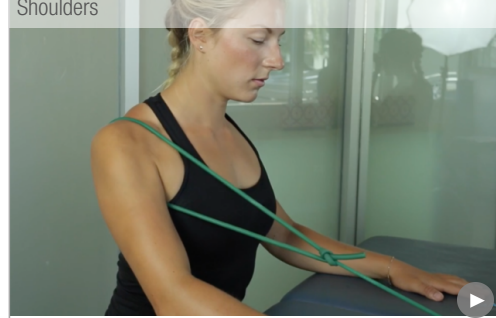
Please listen to the narrative on the video by Yoga expert Laura Martini.

Open Books  
Thoracic



Lie on your side with your knees bent and your hands extended out in front of you. Keeping your knees in contact with the ground, try to rotate your top arm all the way across your body. Try to touch your forearm to the ground, keeping your arm at chest level. Return and repeat on both sides.

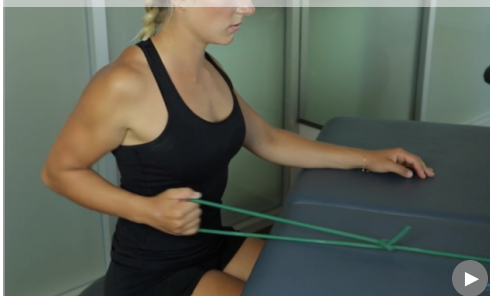
Upward Rotation Shoulder Blade  
Shoulders



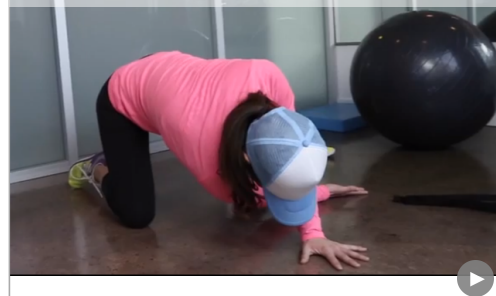
External Rotation at 90  
Shoulders



Set Shoulder Blade & Pull  
Shoulders



Quad T Spine Rotation - Leg Abducted  
Combo



1. Starting on all fours, parallel to a wall with your hands under your shoulders, your outside knee under your hips, and your inside leg straight out to the side with your foot flat against the base of the wall.
2. Lift your head and spine through your shoulder blades toward the ceiling, creating a long line from the crown of your head to your tailbone.
3. Reach your inside arm through the space between your opposite hand and knee as far as you can, rotating your chest away from the wall and bending your outside elbow to assist the stretch.
4. Rotate your torso back to the starting position.
5. Reach your outside arm through the space between your opposite hand and

### Kneeling Rotations



### T Spine Rotation with Reach



While side lying, flex the top hip about 90 degrees and support the knee with a foam roll or medicine ball, if needed. Keep the foot on the ground and the head is supported by a towel roll. Begin rotating the top shoulder toward the floor. Maintain contact with the foam roll / ball or floor as rotation occurs. Once maximally rotated, reach the down arm out at an approximately 45 degree angle from the body. Reach the opposite arm toward the ceiling.

### Flytrap Kneel



Attach the middle of the band to an anchor directly in front of you and grab onto both handles. Get down into a tall kneeling position facing the anchor point. Get far enough away to create some tension on the tubing with your arms fully extended out in front of you. To begin the exercise slowly bring your left hand down and back behind you while simultaneously raising your right hand up a back behind you. Return to the starting position and repeat in the opposite direction. Make sure you body remains stable throughout the exercise.

### Flying Supermans

Full Body



Start laying on you stomach and raise legs and chest up off the ground. Alternate forward arm reach. As one arm reaches forward pull the other back towards your hip