

Flexibility (Shoulders/Back)

Back (wall stretch)



Exercise Description:

Back (wall stretch)

Classification:

Flexibility (Shoulders/Back)

Instructions:

Reach out and place your hands onto a wall. Now bend forward so that your shoulders are below your hands. Shift your hips backwards yet keep your hands on the wall. Hold this position to stretch your back and shoulders.

Back (fixed bar)



Exercise Description:

Back (fixed bar)

Classification:

Flexibility (Shoulders/Back)

Instructions:

Grab onto a bar with one hand and lean back with your hips to allow your back to stretch. Hold for the recommended number of seconds and then repeat with the other arm.

Bent Over Bench Stretch



Exercise Description:

Bent Over Bench Stretch

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Starting Position: Kneel about 2 feet from a bench.
2. Overlap arms across the top of the bench.
3. Lean forward so that your head drops between your knees and the bench.
4. Keeping your back straight gradually drop your head and shoulders toward the floor until a comfortable stretch is felt.

Anterior shoulder stretch



Exercise Description:

Anterior shoulder stretch

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Stand a toning bar on its end and reach back with both hands grab the top of the bar.
2. Bend forward or you can squat down so that your hands elevate to around shoulder height.
3. You should feel a stretch on the front of your shoulders.
4. Hold for the prescribed number of seconds and repeat.

Kneeling shoulder lat stretch



Exercise Description:

Kneeling shoulder lat stretch

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Start by holding a toning bar or a fixed object. Sit on your knees and lean forward holding the bar.
2. Keep your back flat and lean forward until a stretch is felt in your shoulders and back. You could also lean backwards towards your hips to intensify the stretch.
3. Hold for prescribed number of seconds.

Seated lateral stretch with bar



Exercise Description:

Seated lateral stretch with bar

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Sit on the ground with one leg extended in front of you and the other leg bent so that your foot is on the inside of the other thigh.
2. Holding toning bar overhead bend laterally to the extended legs side.
3. Hold for the prescribed number of repetitions and then repeat to the other side.

Chest stretch with bar



Exercise Description:

Chest stretch with bar

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Sit on the ground in a comfortable position.
2. Holding the bar behind your body raise your arms up into the air until a stretch is felt in your chest.
3. Hold for the prescribed time and repeat if necessary.

Standing lateral stretch



Exercise Description:

Standing lateral stretch

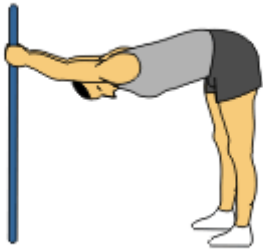
Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Start by hanging onto a bar with one hand and raising the other hand above your head.
2. Keeping your feet on the ground bend laterally to the side. Do not lean forward or back to accomplish movement.
3. Keeping your body parallel you should feel a stretch on your side.
4. Hold for the prescribed time and repeat with the other side.

Standing shoulder stretch



Exercise Description:

Standing shoulder stretch

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Stand with a shoulder width stance and place both hands on the end of the toning bar.
2. Lean forward keeping your back flat until you feel a stretch in your shoulders.
3. Hold for the prescribed time and repeat if necessary.

Kneeling Shoulder Stretch with ball



Exercise Description:

Kneeling Shoulder Stretch with ball

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Start by kneeling on the ground and placing your left hand and forearm on top of the ball.
2. Rotate the ball towards the right so that ball starts to travel up your arm. Remember to keep your arm straight.
3. Hold for the required time and repeat with the other side.

Posterior Capsule Rear Delt Stretch



Exercise Description:

Posterior Capsule Rear Delt Stretch

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Sit or Stand in upright position.
2. Pull elbow with opposite hand until a stretch is felt in rear of shoulder.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. While pulling elbow, be sure that forearm remains perpendicular to floor (fingers pointing up).

Quadratus Lumborum/Lat Stretch



Exercise Description:

Quadratus Lumborum/Lat Stretch

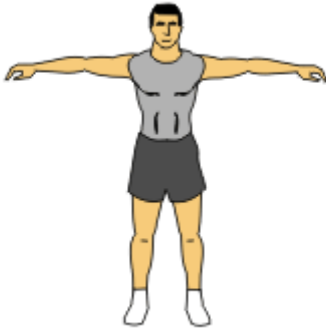
Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Start by kneeling on the ground with your arms out in front of you.
2. Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
3. Now slide your hands to the right until a stretch is felt down the side of your torso. Repeat to the left.
4. Hold for 20-30 seconds. Repeat as prescribed.

Across Body Arm Swings



Exercise Description:

Across Body Arm Swings

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion until warm or until recommended time is met.

Large Arm Circles



Exercise Description:

Large Arm Circles

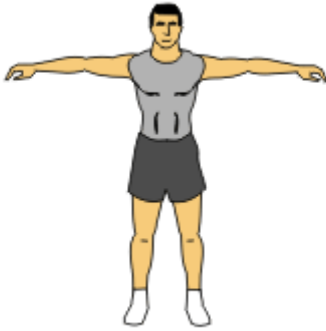
Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Stand straight with your arms out to your sides.
2. Start swinging your arms in a large circles going forward and then back.
3. Repeat for the recommended time and then repeat in the other direction.

Small Arm Circle Swings



Exercise Description:

Small Arm Circle Swings

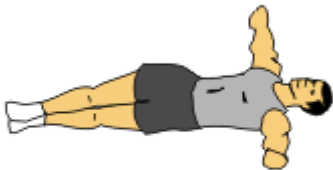
Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Start by holding your arms out to the side at shoulder height.
2. Swing your arms in a small circular rotation.
3. Continue for the recommended time and then repeat going the opposite direction.

Yoga Back Stretch



Exercise Description:

Yoga Back Stretch

Classification:

Flexibility (Shoulders/Back)

Instructions:

1. Lie on your side with knees bent and hips, knees and ankles stacked. Stretch the bottom arm straight out and rest top arm on top, palms together.
2. Keeping your hips stacked and abs engaged, draw the top arm across your body with your fingertips trailing the body and out to the other side. Feel a gentle stretch in your back.
3. Draw the arm back in, stretching over the bottom arm and repeat for recommended repetitions then switch sides.

