

# STRETCHING PROGRAM BETTER BACKS & BODIES

## TRICEPS

- Lift both arms above your head and bend elbows so that your forearms are behind your head but not resting on it
- Gently grasp your left elbow with your right hand
- Gently reach your left hand towards the centre of your shoulder blades
- Keep your face looking forward
- Hold for 15-30 seconds
- Repeat on opposite side



## CHEST

- Place your hands behind your head and point your elbows to the side
- Feel a stretch by pushing your elbows as far back as possible, squeezing your shoulder blades together
- Hold the stretch for 20 seconds
- Repeat 3-4 times



## SHOULDERS

- Bring your left arm across your chest while using your right arm to pull it towards your chest
- Hold the stretch for 15-30 seconds
- Repeat on the other side



## SHOULDERS & CHEST

- Standing upright, inter-lace your hands behind your back
- Keep your arms straight and slowly lift your hands upwards
- Hold the stretch for about 20 seconds
- Repeat stretch 3-4 times



## WRIST

See image 1

- Sit or stand with feet flat on the floor
- Extend your right arm in front of your right shoulder with your palm facing up
- Use your left hand to gently pull your fingers towards you
- Hold for 20 seconds
- Repeat on other side

See image 2

- Sit or stand with feet flat on the floor
- Extend your right arm in front of your right shoulder with your palm facing down
- Use your left hand to gently pull your fingers towards you
- Hold for 20 seconds
- Repeat on other side

