

Cat Camel

Preparation:

- Start on hands and knees

Execution:

- Arch your back up to the ceiling as high as you comfortably can. Hold.
- Arch your back the opposite direction as low as you comfortably can. Hold.



Start on all fours



Arch down



Arch up

Thoracic Rotation + Reach | Four Point

Preparation:

- Go onto hands and knees

Execution:

- Reach across body and behind opposite arm as far as you can
- Allow shoulders to roll
- Now reach back and overhead, rolling shoulders the opposite direction



Go onto hands and knees



Reach across body and behind opposite arm as far as you can



Now reach back and overhead, rolling shoulders the opposite direction

Knee Rolling | Bilateral- Head Rotation

Preparation:

- Lay on your back with knees bent and feet flat on the surface
- Stretch your arms out to the sides; palms turned up to the ceiling

Execution:

- Roll your knees gently to the left while turning your head to the right
- Bring your knees and head back to the center
- Roll your knees gently to right while turning your head to the left
- Try to roll your knees and head a bit further with each repetition, but do not force the movements



Start position



Roll knees, look opposite direction



Alternate

Pectoral + Latissimus Stretch | Active (Wall)

Preparation:

- Stand tall with back to wall

Execution:

- Gently tuck chin to chest to lengthen the back of the neck
- Slowly raise arms overhead
- Keep arms in contact with wall at all times



Stand tall with back to wall



Slowly raise arms overhead



Keep arms in contact with wall at all times



Upper Trapezius Stretch | Overpressure

Preparation:

- Sit on your hand on the side to be stretched
- Alternatively, you can grab under chair

Execution:

- Bring your chin to chest and look to opposite corner, angling your ear toward your armpit
- To feel an increased stretch, use your opposite hand to guide your head further into the stretch



Start position



Ear to armpit