

Set up as shown in picture. Pull the elbows up while keeping the chin down between the forearms until a mild stretch is felt in the upper back.

Sit with back against bolster, knees bent, hands locked behind head. Breathe in, extending head and trunk over bolster. Breathe out. Hold position for 5 seconds.

Repeat 20 times.



Sidelying Thoracic Rotation- Rib Pull



Lie on your side with shoulders stacked and hands together. Gently pull your top hand across your chest and onto your ribs as shown above. Hold this position for 5 seconds then return back to the starting position. Do 20 times on each side. This should be felt in the upper back.

Wall Angel Standing



Squat slightly into wall with knees bent so that entire back is flat against the wall. Keep chin tucked. Place arms flat on wall as shown, without allowing arms to come off wall, slide arms up. Keep forearms parallel. Hold for 5 seconds then slide back down. Do 20 times.

Half Kneeling Wall Ball

KEEPING ABDOMINALS TIGHT. Kneeling on right knee about 1 foot from wall, have right arm straight out at a 45 degree angle above you. Keep elbow straight the entire time. Pull shoulder blades together as you bounce ball between your hand and the wall. Do 5 sets of 20 bounces. Repeat with left arm and kneeling on left side.

