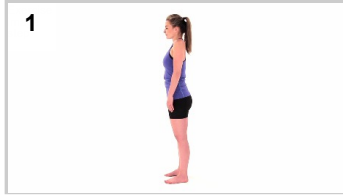


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## Standing Backward Shoulder Rolls

REPS: 10

SETS: 1



### Setup

Begin in a sitting or standing upright position with your arms at your sides.

### Movement

Gently roll your shoulders backwards. Repeat this movement forwards.

### Tip

Make sure to maintain good posture during the exercise.

---

## Arm Circles on Swiss Ball

REPS: 10

SETS: 1



### Setup

Begin sitting upright or standing. Raise your arms directly to your sides with your elbows straight.

### Movement

Make small circles with your arms, first in one direction, and then in the other.

## Seated Trunk Rotation - Arms Crossed

REPS: 10

SETS: 1



### Setup

Begin sitting upright in a chair with your arms crossed over your chest.

### Movement

Slowly rotate your trunk to one side, then return and repeat the rotation on your other side.

### Tip

Make sure to stay upright throughout the exercise and do not bend forward or backward.

## Seated Levator Scapulae Stretch

REPS: 2

HOLD: 15"



### Setup

Begin in a sitting position. Place one hand on your shoulder and your other hand on your head.

### Movement

Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck. Repeat to the other side.

### Tip

Make sure to keep your back straight during the exercise.

## Seated Lat Stretch

REPS: 2

HOLD: 15"



### Setup

Begin sitting upright with your forearms together and your palms facing your face.

### Movement

Separate your hands while keeping your elbows together. Hold briefly, then bring your hands back together, lift your arms farther upward, and repeat. You should feel a stretch in your back.

### Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

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## Standing Overhead Triceps Stretch

REPS: 2

HOLD: 15"



### Setup

Begin in a standing upright position.

### Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

### Tip

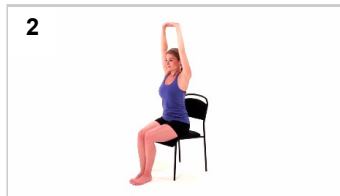
Make sure to keep your back straight during the exercise.

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## Seated Overhead Reach Stretch

REPS: 10

SETS: 1



### Setup

Begin sitting upright in a chair or standing.

### Movement

Straighten your arms out in front of you with your elbows straight and fingers interlocked, then raise them overhead, feeling a stretch in your shoulders.

### Tip

Make sure to breathe deeply during the stretch.

## TL Sidebending Stretch - Single Arm Overhead

REPS: 10

SETS: 1



### Setup

Begin in a standing upright position. Raise one arm overhead and rest the other hand on your hip.

### Movement

Slowly lean toward the opposite side of your raised arm until you feel a stretch and hold.

### Tip

Make sure to keep your hips level and maintain your balance during the stretch. Do not let your trunk bend forward or backward.