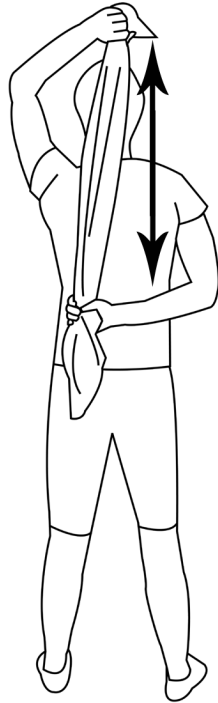


# TOWEL STRETCH



- Elongate and stabilize spine by imagining balancing a tray on your head.
- Using a towel pull up with left arm until a stretch is felt in right shoulder. Reverse direction of pull to stretch left shoulder.
- Breathe normally.
- Hold stretch for 20 seconds. Alternate sides and direction of pull. Repeat 2 times.

Consult your physician before starting an exercise program.