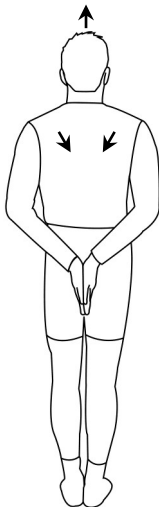


SHOULDER ROTATION STRETCH



- ~ Place hands behind back with palms together, fingers pointing down. Squeeze shoulder blades together and down.
- ~ Elongate and stabilize spine. Tighten abdominal muscles.
- ~ Move hands upward until a stretch is felt in front of shoulders.
- ~ Breathe normally.
- ~ Hold stretch for 20 seconds. Repeat 2 times.

Material taken from Flexibility Exercise Guide by Jay L. Tapper
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