

Home Exercise Program

Chest, Back, Shoulder and Neck Stretching/Strengthening Exercises

- Move in and out of each stretch (slowly and controlled) for 8-12 repetitions
- WATCH you posture throughout the entire movement
- DON'T HOLD YOUR BREATH
- REMEMBER to resist (contract) the muscles during the stretch

Shoulder Shrugs/Roll/Neck/Lateral Shoulder



Chest Stretch



Upper Back Stretch/Posterior Shoulder/Rotator Cuff



Anterior & Lateral Shoulder/ Triceps/Lat Stretch



Beginner

Intermediate

Advanced

Lower Body and Back Stretching/Strengthening Exercises

- Move in and out of each stretch (slowly and controlled) for 8-12 repetitions
- WATCH your posture throughout the entire movement
- DON'T HOLD YOUR BREATH
- REMEMBER to resist (contract) the muscles during the movements

Cat/Cow – Back and Torso Muscles



Pigeon - Glutes and Hips



Straight and Side Leg Raises – Hamstrings and Quads



Single or Double Leg Straddle – Inner & Outer Thighs

