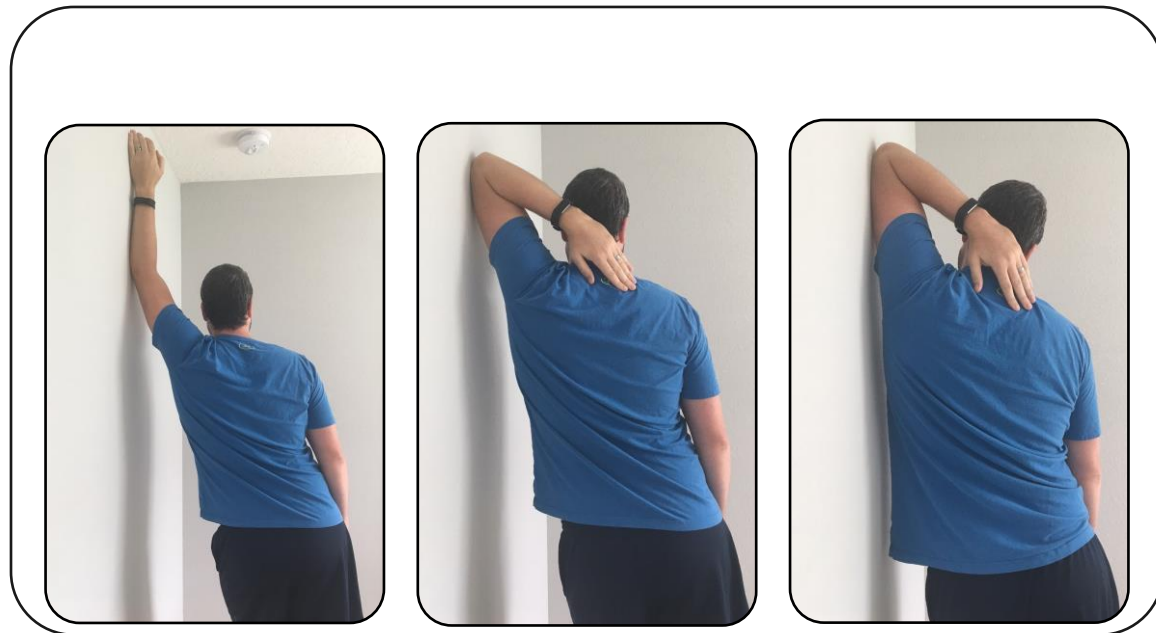


Stretching Guide: Teres/ Latissimus Dorsi/ Tricep



1. Extend arm over head and place elbow on wall. Lean toward wall. A pull will be felt in the underside of the shoulder.

2. Keeping the arm in place, bend the elbow slowly bringing your hand behind your head. The stretch will be felt in the back of the arm.

3. To increase lengthening of all four muscles, lean your torso closer to the wall and lean away.

Note: This stretch is meant to gain individual movement between four different muscles. It is important to do these steps in order to achieve this.