

13 Stretches FOR TIGHT SHOULDERS

BLOCK ASSISTANCE



ELBOW BUTTERFLY
5 breaths

GOAL POST STRETCH
5 breaths



SIDE SHOULDER STRETCH
2 breaths per side x 3

ROTATOR CUFF STRETCH
5 breaths



OVERHEAD SHOULDER STRETCH
5 breaths

ELBOWS STRETCH
5 breaths



SINGLE ARM SHOULDER LENGTHEN
2 breaths per side x 3



STANDING SHOULDER STRETCH
5 breaths

**WRIST PULL SHOULDER STRETCH
(HIGH-MID-LOW ANGLE)**
2 breaths each angle x 2 per side



THREAD THE NEEDLE
5 breaths per side

PUPPY POSE
5 breaths



DOWN DOG
5 breaths

**POSTERIOR SHOULDER
OPENER STRETCH**
3 breaths per side

by Jessica Gouthro

Jessica is a NASM Certified Personal Trainer, Personal Certified Fitness Nutrition Specialist and co-host on the popular YouTube show "Live Lean TV."

