



WALL CHEST STRETCH
30 sec per side



UPSIDE DOWN CACTUS STRETCH
30 sec per side



OVERHEAD SHOULDER STRETCH
30 sec per side



OVERHEAD TRICEPS STRETCH
30 sec per side



WALL DOWNDOG
30 sec



DOUBLE V
30 sec per side



LATERAL REACH
30 sec per side



WALL PRAYER STRETCH
30 sec



SITTING PEC STRETCH
30 sec