



Lie on your back with your knees bent, your hands together and arms out straight.

Rotate your knees one way and your hands the other way.

You should feel a 'rotational stretch' in your spine.

Move slowly and repeat 20 times.

Sets 2 - Repetitions 20



Bring both knees in to your chest and gently pull in with your hands to increase the stretch.

Hold for 30 seconds.

Sets 2 - Time 30 secs



Face the door frame and place your forearms on the frame.

Push your body through the door frame to feel a stretch in your chest and shoulder area.

Hold for 30 seconds.

Sets 2 - Time 30 secs



Drop your head towards your shoulder and down towards the floor, in a diagonal direction.

You will feel a stretch in your neck / upper shoulder.

Hold for 30 seconds.

Sets 2 - Time 30 secs



Stand (or sit) straight with your hands behind your head.

Extend back pushing your chest upwards and squeeze your shoulder blades together.

Hold for 30 seconds.

Sets 2 - Time 30 secs