

Quickie Stretch!

Opening the front of the body

Use a prop (towel, strap, tie, belt, whatever).

- Hold the towel in one hand, reach that hand up overhead and bend elbow, dropping the towel down behind you.
- Reach up behind you with the other (free) hand and grab the towel. Walk that hand “up the towel” toward the top hand as far as it will go, while walking the top hand down the towel until the hands have come as close together as possible.
- Pull in opposite directions: top hand pulling up while the bottom hand is pulling down until the towel is pulled tight. Feel the stretch in the shoulders and the front of the body and perhaps just a bit in the low back. Release.
- Switch sides, opposite arm up in the air, repeat.
- Release, roll shoulders forward and back.