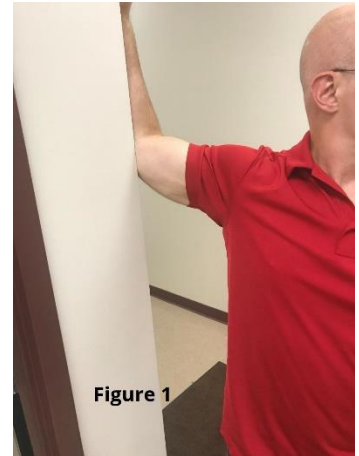
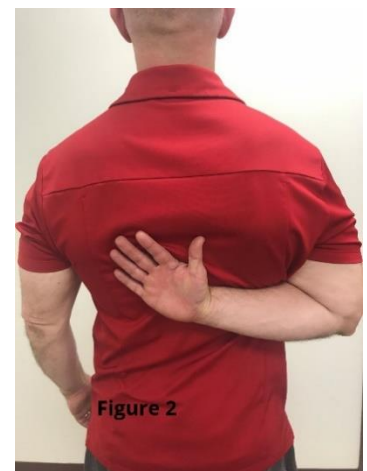


These 3 exercises are basic upper body stretches used to improve/maintain shoulder flexibility. Since a-majority-of upper body muscles are tied into the shoulder complex, completing these 3 exercises may be beneficial in improving a number of sore muscles and joints including the neck and low back.

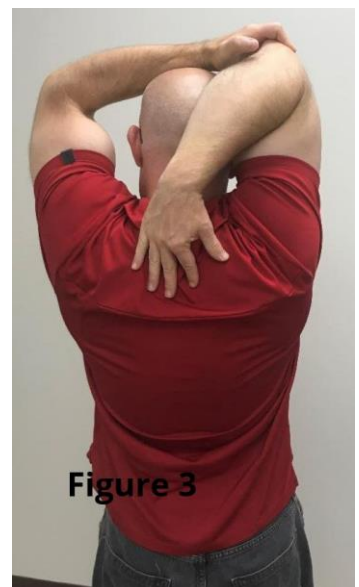
1) **Pectoralis stretch** (Figure 1)...a) raise your arm straight out to the side so the elbow is even or slightly higher than the shoulder; b) place the hand, inside of the forearm and inside of the elbow against a flat surface; c) gently turn your body away from the elbow, pulling the arm "behind" you; d) feel the stretch across the chest; e) hold for 15-30 seconds, then repeat on the opposite side; f) complete 1 to 3 sets on each side.



2) **Rotator cuff** (arm up the back) (Figure 2)...a) place your arm behind your back; b) place the back of your hand flat against your low back; c) slide the hand up your back attempting to reach in between your shoulder blades; d) "drop" the elbow down toward your hip; e) hold 15-30 seconds, repeat on the opposite side; f) complete 1 to 3 sets on each side.



3) **Triceps/latissimus stretch** (Figure 3)...a) reach straight up toward the ceiling so the elbow is close to the ear; b) keep the elbow "fixed" and drop the hand down between the shoulder blades; c) gently grip the elbow with the opposite hand and pull the elbow behind the head; d) hold for 15-30 seconds, repeat on the opposite side; e) complete 1 to 3 sets on each side.



\$25 Upper Body Stretch Challenge

- Complete these 3 stretches, 12 times (12 separate days) over the month of September.
- Record on the [*Upper Body Stretching Log*](#) and send it back to me via email, mail or fax. I will send you a \$25 incentive card for participating. Reminder: only one incentive can be given to each member household (with the exception that more than one employee-member lives in a household). Please contact me if you have questions.
- Last day to submit challenge paperwork is 10/15/20.