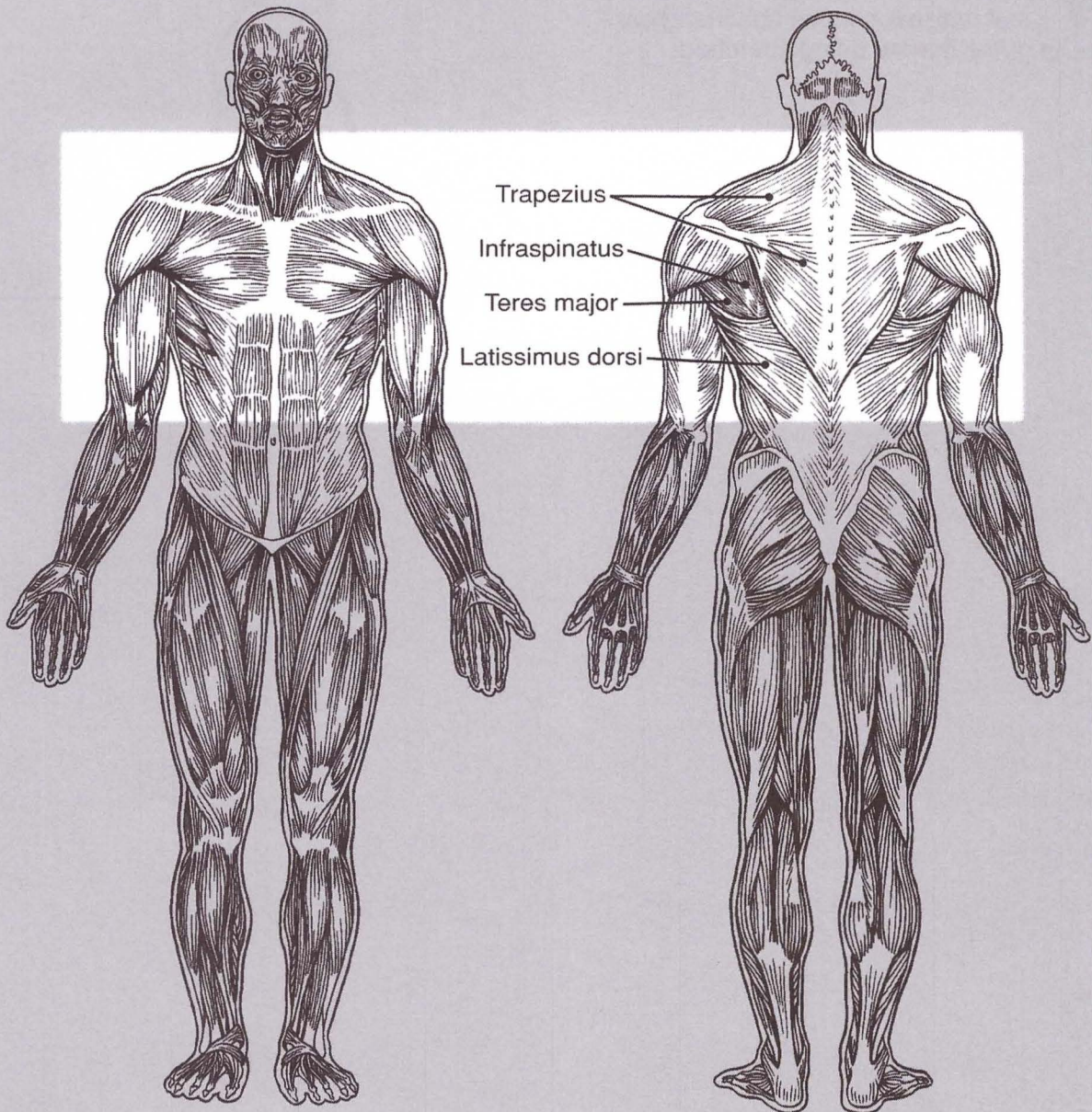
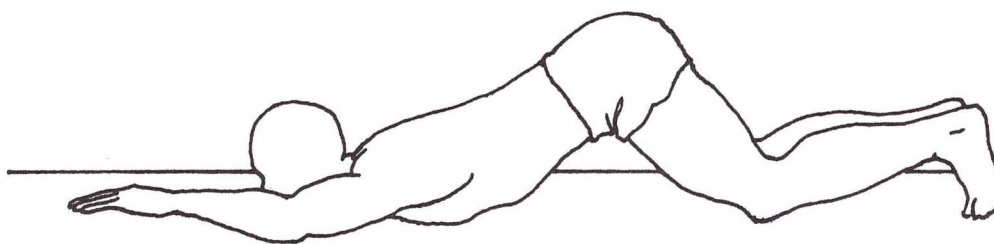


UPPER BACK

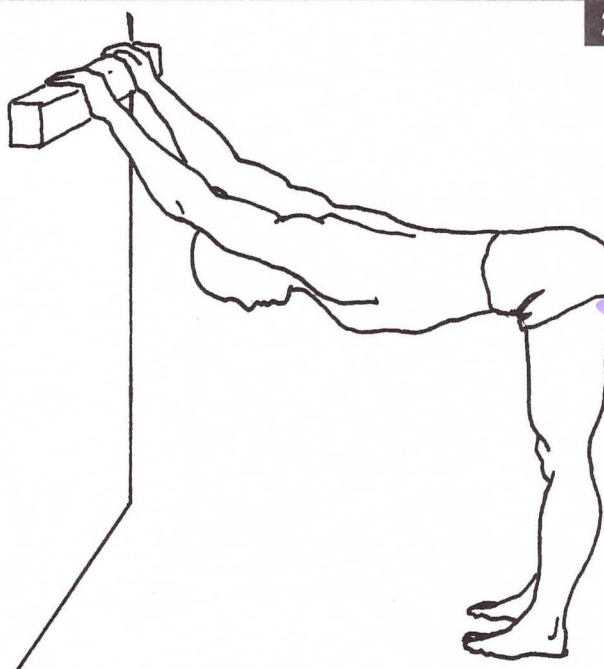


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- Kneel on all fours, extend your arms forward, and lower your chest to the floor.
- Exhale, extend your shoulders, and press on the floor with your arms to arch your back.

- Stand with your feet together, about three feet (one meter) from a supporting surface approximately hip to shoulder height, and your arms overhead.
- Keeping your arms and legs straight, flex at the hips, flatten your back, and grasp the supporting surface with both hands.
- Exhale and press down on the supporting surface to arch your back.

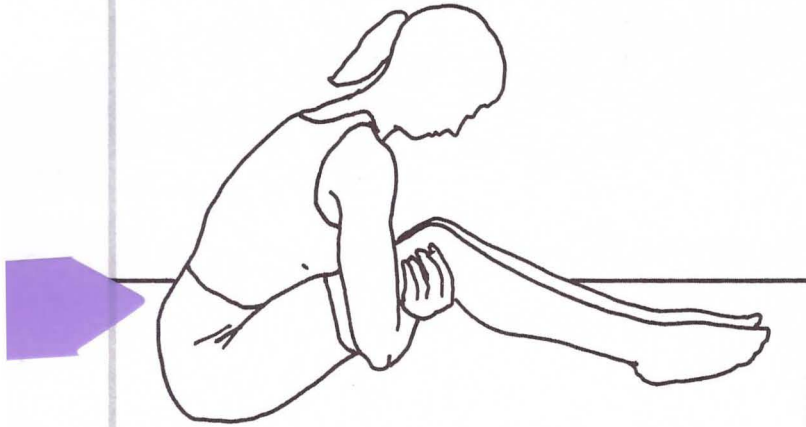


NOTE You can also stretch your lower back or hamstrings by rotating your pelvis upward.

- Sit with knees spread, facing a wall an arm's length away.
- Raise your arms with your elbows straight, lean forward, and place your palms against the wall shoulder-width apart with your fingers pointing upward.
- Exhale, press against the wall, open your chest, and arch your back.
- Your partner places his hands on the upper portion of your shoulder blades and gently pushes down and away from your head.



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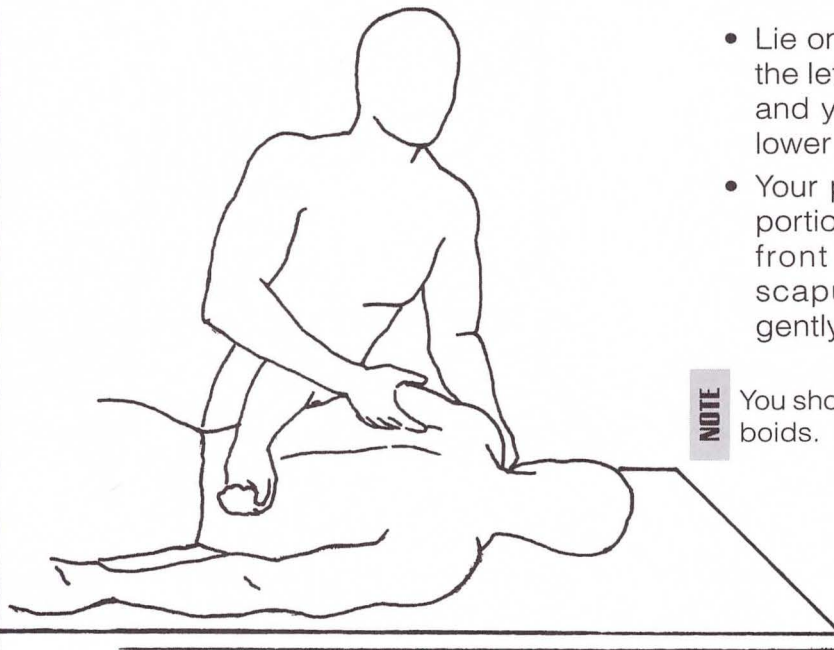


- Sit on the floor with knees slightly flexed, upper torso resting on your thighs, elbows under your knees, and your hands grasping your thighs.
- Exhale, lean forward, and pull back on your thighs while keeping your feet on the floor.

NOTE

You should also feel this stretch between the shoulder blades (rhomboids). Round your back to intensify the stretch.

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- Lie on your chest, head turned to the left, with your left elbow flexed and your forearm resting on your lower back.
- Your partner grasps the top front portion of your shoulder, lifts your front shoulder to expose the scapula (shoulder blade), and gently lifts it upward.

NOTE

You should feel this stretch in the rhomboids.