

---

## Latissimus Dorsi

Kneel on the floor. Lean forwards with your arms outstretched as far as possible and hands on the floor. Push your buttocks down towards your feet keeping your hands still to increase the stretch. To increase the stretch even more, walk your hands out to the side as far as feels comfortable. Avoid moving the hips or back whilst doing this.

### Alternative

Stand upright with your arms above your head. Reach up as high as possible.

