

## Tricep

With feet shoulder width apart, slightly bent at the knees. Extend one arm up straight and flex it behind the head, placing the hand between the shoulder blades. Support the arm with the other hand, taking care not to press on the elbow joint.

### Alternative

The same stretch but rather than supporting with the other hand interlink the hands or pull down with a towel.



## Deltoid

Cross one arm across the body, keeping it straight. Using the opposite arm, place your hand above or below the elbow joint of the arm being stretched. Pull the arm being stretched across the body.

### Alternative

Bend the arm being stretched at the elbow.

