

Trapezius

Keeping core engaged and spine straight, interlink hands out in-front of the body. Reach out until you can feel the stretch across the upper back.

Keep the core engaged and maintain neutrality in the lower spine.

Alternative

Cat stretch for maintenance, i.e. on all fours on the floor; arch your back up as high as possible.



Pectorals

Standing feet shoulder width apart, slightly bent at the knees, keeping the core engaged and spine straight, place the palms of your hands on your lower back, just above the glutes (fingers pointing down). Try and bring the elbows together behind your back. So that you feel a stretch across the chest.

Alternative

Place arms behind your back. Clasp your hands together, extending your arms behind you.

