

Overhead Shoulder Stretch

Muscles Stretched: deltoid middle head, lateral and medial head of triceps.

Description

1. Stand straight with your shoulders back, chest out, and feet shoulder width apart.
2. Raise one arm overhead, bend the elbow, and place your the hand behind your neck.
3. With your other hand, grasp your elbow and gently pull it behind your head.
4. Hold the stretch
5. Relax and repeat with opposite arm.



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