

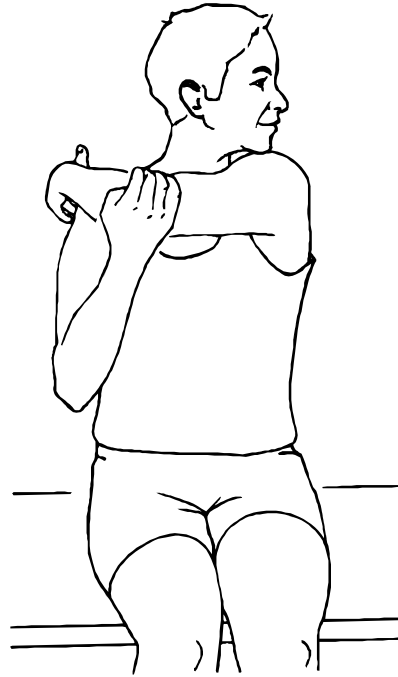


Routine For:
Created By: James Pamplin

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Mid Back Stretches

SHOULDERS - 3 Posterior Deltoids / Rhomboids

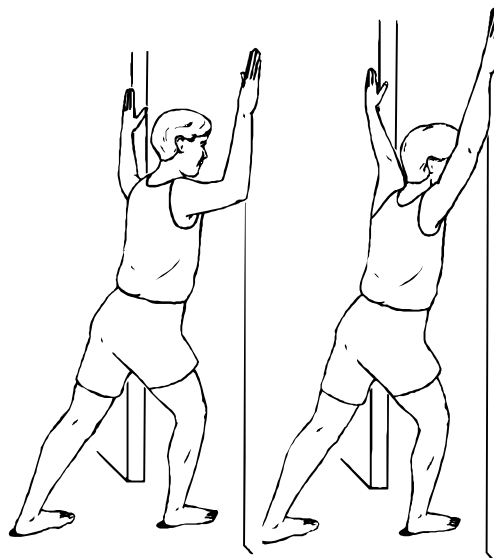
Pull arm across chest until stretch is felt. Rotate body away from the stretched side. Hold 15 seconds. Repeat with other arm.



Repeat 3 times.
Do 2 sessions per day.

CHEST - 6 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold 15 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 1 times.
Do 1-2 sessions per day.