



## DIRECTIONS

Complete these exercises to help loosen and strengthen the muscles surrounding your shoulders and improve your posture. Complete each exercise as needed 2-4 times a week. Focus on your breathing throughout each phase of each exercise. We also recommend you do 3-5 full breath cycles while lying on your back prior to this series of movements. If you choose to do so, focus on breathing in and out through your nose, with each breath expanding your stomach and rib cage.

## CHEST OPENER FOAM ROLLER/ROLLED UP TOWEL

Position a foam roller or a big rolled up towel down the spine of your back, lie flat and support your head on the object. Spread your arms wide to the side, and let them fall to the floor. Hold for 30 seconds to 2 minutes.



## SHOULDER EXTERNAL ROTATION

Stand tall in good posture with your shoulders down and elbows bent to 90 degrees. Face your palms to the sky and rotate them outward while keeping your elbows tucked to your sides. Rotate out until you can't anymore, and return to the starting position. Repeat for 15-25 reps.



## Y-W-I UPPER BACK EXTENSION

Lie face down on a mat with your toes down and your arms resting on the mat. Raise your arms overhead to a "Y" position. Slowly raise your chest and arms off the mat. Squeeze your shoulder blades together, acting like you are pulling your chest apart. Make sure you squeeze your glutes. Keep everything below your upper back on the floor. Hold for 10 seconds and then lower down, pull your elbows down to make a "W" position, lift and hold for another 10 seconds. Lower, and switch to an "I" position with your arms behind you and palms to the sky. Lift and hold for a final 10 seconds.



## REVERSE LUNGE TWIST

Start with one leg extended behind you while keeping your front leg bent at 90 degrees. Bring both hands to the inside of your front foot, and place them on the floor. Twist your upper back, raise your inside arm and rotate your chest to the inside knee. Come back the way you came, switch legs and repeat.

