
10 SHOWER STRETCHES

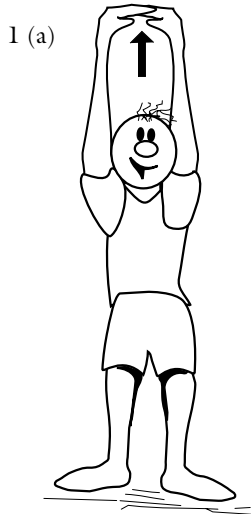
Can't find time to exercise or stretch? Try these: They feel great in a warm shower. Remember to keep breathing. Repeat these stretches three to four times each, holding for at least 30 seconds.

1. Neck, Trapezius, Shoulders

(Stretches inside of arm, lengthens finger tendons.)

(a) Clasp your fingers and press your palms outward. Raise your arms and stretch up overhead keeping your head upright. Take one step apart.

(b) Grab your right wrist with your left hand and lean to the left, pulling your right arm gently to the left side. Do not bend forward or arch your back. Keep your head equidistant between your arms. Return to neutral and repeat on the other side.



(c) Interlace your fingers and stretch your arms in front of you at shoulder height.

(d) Round your back. Push your chin into your chest, breathe and hold ten seconds.

