

# KILLERCOACH



T, Y and W stretches for the anterior chest and shoulders:

Lie flat on the floor, rolled up towel or foam roller with your knees bent, feet flat.

Line up the roller or towel with your spine and make sure your head rests comfortably on the support. (If it doesn't use a small pillow)

**T** - reach your hands away from each other, trying to get the back of your hands to touch the floor.

**Y** - reach your arms up overhead keeping your shoulder blades down on your back and abs engaged so the low back does not arch.

**W** - bend your elbows and stretch the back of the elbows and forearms down toward the floor.

With each of these 3 stretches hold the position 30 seconds and do 3 repetitions of each making sure there is no pain. If the towel or foam roller make the stretch too intense, try it on the floor initially.

Breathe deeply and move into and out of each of the stretches slowly.