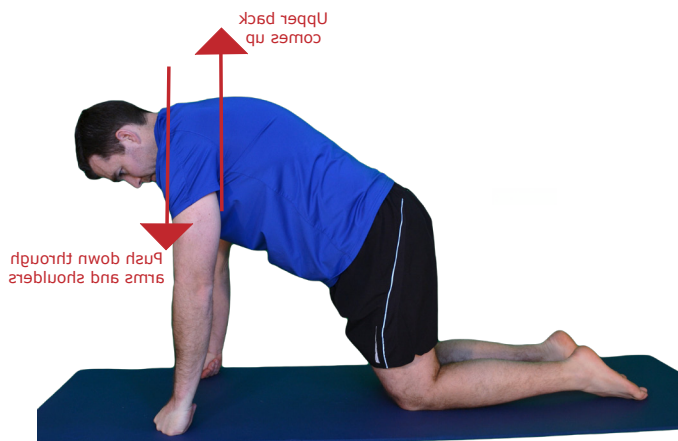


Quad Rock Shoulder Stretch

Begin on your hands and knees with your elbows straight.

Push up through your shoulders to bring your shoulder blades forward on your rib cage. As you do this you should feel tension in your upper back along the side of your shoulder blades. .



While holding this pressure through the shoulder blades rock back to bring your hips towards you feet and your arms overhead.

As you do this you should feel a stretch at your shoulders and upper back.

Hold this position for a few seconds then return to the starting position and relax the shoulders. Repeat 10-15 times.



Tips For Success

- Do not allow the elbows to bend - keep the arms straight and push up through the shoulders and upper back for the entire exercise.