

FOLLOW ALONG

# SHOULDER FLEXIBILITY

ROUTINE

1. Breath Extensions - 5 reps



2. Levator Scapula Stretch - 3 reps (5s/5s) + 10 sec per side



3. Sleeper Stretch - 60 sec per side



4. Lying Thoracic Rotation - 5 reps + 10 sec per side



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ROUTINE

5. German Sit Slide Out - 60 sec



6. Halasana - 30 sec



7. Cat Cow Walk Out - 10 reps



8. Shoulder Flexion Lift - 3 reps (5s/5s)





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**SHOULDER FLEXIBILITY**  
ROUTINE

9. Active Butchers Block - 3 reps (5s/5) + 15 sec



10. Pec Twist PNF - 3 reps (5s/5) + 15 sec



11. Childs Pose - 30 sec



**ENJOYING THE STRETCHING ROUTINES?**

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