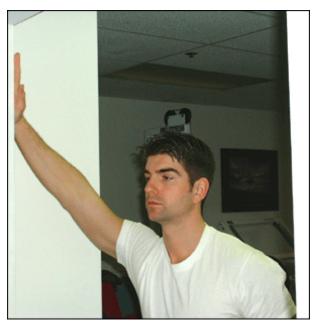


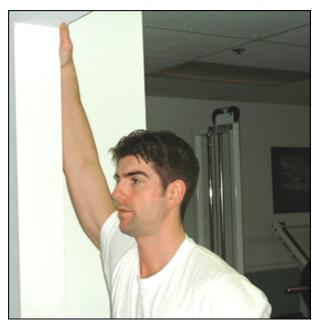
## **Shoulder Stretch**

**Description:** Stretches multiple shoulder muscles.

**Before:** Stand next too a door frame with your right arm comfortably out in front of you resting against the molding of the door frame.

**After:** Slowly walk your fingers straight up the door frame until you feel a stretch throughout your right shoulder. You will likely have to take a couple small steps towards the door opening as you increase the intensity of the stretch.





Before After

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