

# Shoulder Stretch



**Description:** Shoulder Stretch (flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

## Instructions

1. Reach your right arm across your body towards the left shoulder.
2. Grab your right elbow with your left hand and gently pull across your body.
3. Hold the stretch for 30 seconds.
4. You should feel the stretch in your shoulder muscles (deltoid).
5. Repeat with the opposite side.

## Tips & Modifications

- If your flexibility is limited, cross your arms in front of your body, repeat and switch the top arm each time.



Click here or scan the QR Code to the right to watch video instructions!

