

Latissimus dorsi/Teres stretch

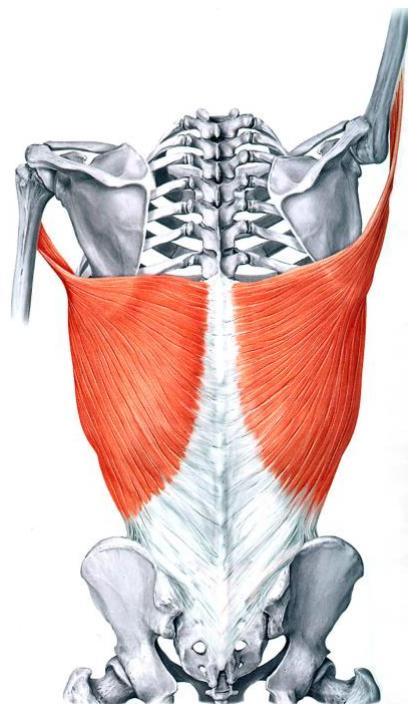
Purpose: This stretch is used to lengthen the side back muscles.

How Often: This should be done a minimum of 3 times a week for best results. For optimal results this should be done every day. 3x per session.

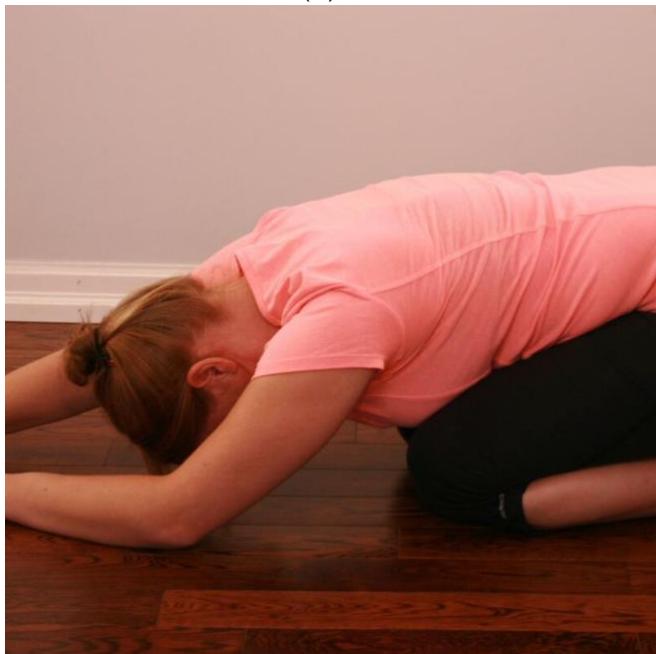
Directions: (A) Stand facing door jam, lean back with butt out and knees bent. Open your hip under your shoulder and straighten the same leg. Take nice, soft, full breaths in and out during the stretch. The stretch should not be painful. Hold for 30-60 secs
(B) Variation - kneel on floor and reach out with your arms in front of your head, reach to the left and hold 30-60 secs then reach to the right and 30-60 secs.



(A)



Latissimus dorsi muscles



(B)



(B)