



- Stand in a comfortable, shoulder width stance and bring your elbows up to shoulder height.
- Now cross your forearms bringing them around each other until your palms are facing each other. (If you cannot yet do this, keep trying as it will come within a few weeks time.)
- Keep your forearms vertical and make sure your arm from the elbow to the shoulder is horizontal.
- Feel the stretch in your shoulders and between your shoulder blades.
- Hold for 30 seconds or until you feel the muscles have been stretched out satisfactorily.

THE EAGLE STRETCH