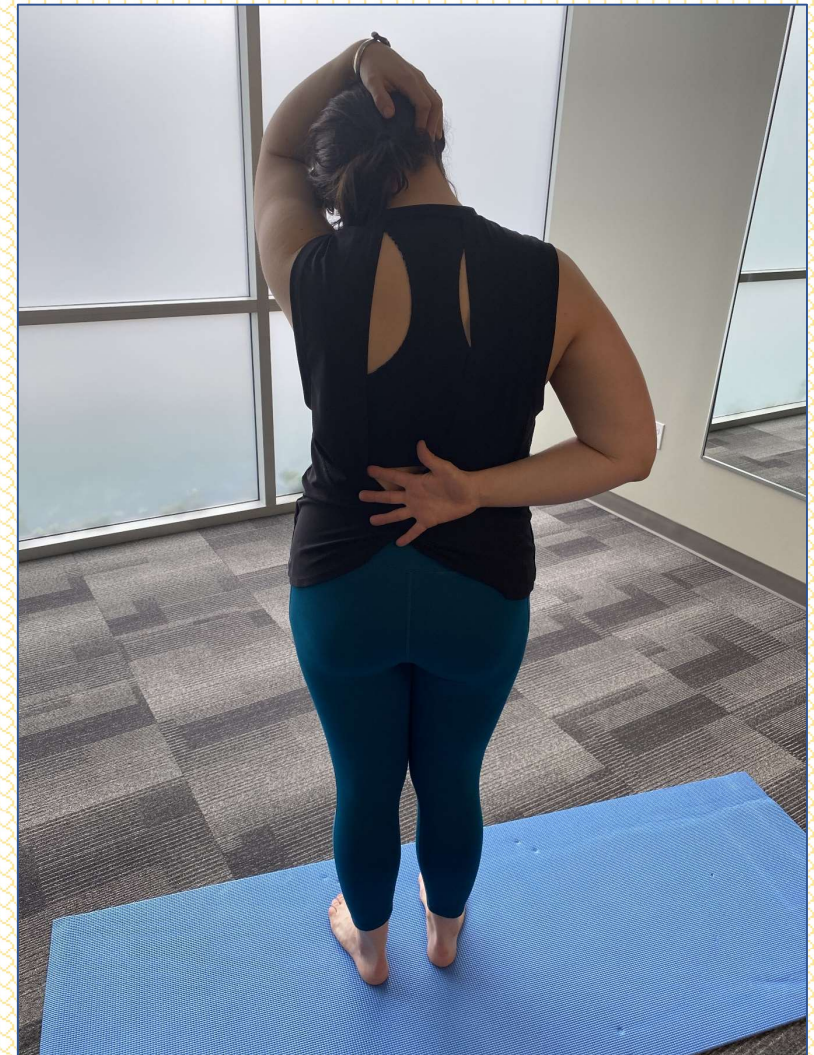


Upper Back / Traps

- Place hand over head and hook your fingers into the back of your skull.
- Place opposite hand behind you, resting on the small of your back. Look in the opposite direction of the arm behind you.
- Using the hooked hand, pull and tilt your head so that your chin tilts toward your shoulder.



Hold stretch 30-60 sec, at varying angles.