### Stretch #1

Elbow and armpit are bent at 90 degrees. Place forearm against door frame or edge. Twist your upper torso away. You should feel stretch across chest.

### Stretch #2

Arm is long; grab door frame or edge with thumb facing up. Twist your upper torso away. You should feel this stretch in your bicep and shoulder.

### Stretch #3

Arm is long; grab door frame or edge with thumb facing down. Twist upper torso away. You should feel this stretch in your shoulder.

### Stretch #4

Shoulder is down; arm is brought across your chest. Place the other arm above your elbow and pull the arm across your chest. You want to feel the pull behind your shoulder blade.

### Stretch #5

Reach your arm as far down your back between your shoulder blades as possible. Next, place your other hand on top of your elbow. Finally pull down on the elbow, moving that hand further down your back. You should feel this in your tricep.

### Stretch #6

Bend your elbow to 90 degrees. Keep your elbow tight to your side. Grab a hold of the door frame or edge and twist your torso away. You should feel this in the shoulder.