

Latissimus Dorsi Stretch:¹

- 1). Stand or sit upright. If standing, feet should be shoulder-width apart for stability. If sitting, ensure you're on a stable chair without armrests.
- 2). Lift one arm straight up, alongside your ear. Let's say you start with your right arm.
- 3). Lean to the left side, gently bending your waist. Push your right hip out to the side to enhance the stretch. You should feel a stretch down the right side of your torso.
- 4). With your left hand, gently grasp your right wrist to lightly pull and extend the stretch. Ensure your right arm remains close to your ear.
- 5). Hold the position for about 20 to 30 seconds. Breathe normally and try to deepen the stretch with each exhale.
- 6). Slowly come back to the center and lower your arm.
- 7). Repeat the stretch with your left arm, leaning to the right.



¹ <https://www.surreyphysio.co.uk/top-5/top-5-exercises-to-stetch-your-lats/>

Child's Pose²

- 1). Begin by kneeling on your mat. Bring your knees wide apart while keeping your big toes touching. Rest your buttocks on your heels.
- 2). Exhale and slowly lower your torso between your thighs. Extend your arms forward with your palms facing down. Alternatively, you can bring your arms alongside your body with your palms facing up, which is a more restful position.
- 3). Gently rest your forehead on the mat. Your chest should be resting between or on top of your thighs.
- 4). Allow your body to relax completely. Soften your shoulders, back, and arms. Breathe deeply and focus on relaxing with each exhale.
- 5). Stay in this pose for as long as is comfortable, generally about 1-3 minutes. Breathe normally and allow gravity to deepen the stretch.



² <https://www.healthline.com/health/lat-stretches#foam-rolling>

Downward Dog³

- 1). Begin on your hands and knees, with your wrists directly under your shoulders and your knees under your hips. Spread your fingers wide and press firmly through your palms and knuckles.
- 2). Exhale and lift your knees away from the floor. At first, keep the knees slightly bent and the heels lifted away from the floor.
- 3). Lengthen your tailbone away from the pelvis and gently move it upwards. Lift your sitting bones towards the ceiling. Draw your inner thighs up and back.
- 4). Gradually straighten your legs, but don't lock your knees. Bring your body into the shape of an 'A'.
- 5). Gently move your heels downward towards the mat. It's okay if they don't touch the ground.
- 6). Keep your head between your arms, don't let it hang, and gaze towards your feet.
- 7). Stay in this pose for several breaths (around 1-3 minutes is typical).



³ <https://www.healthline.com/health/lat-stretches#foam-rolling>

Cat-Cow⁴

- 1). Begin on your hands and knees in a "tabletop" position. Your knees should be set directly below your hips and your wrists, elbows, and shoulders should be in line and perpendicular to the floor. Center your head in a neutral position, eyes looking at the floor.
- 2). As you inhale, lift your sitting bones and chest toward the ceiling, allowing your belly to sink toward the floor. Lift your head to look straightforward.
- 3). Arch your back and let your belly drop down. Extend your neck without straining.
- 4). As you exhale, round your spine toward the ceiling, making sure to keep your shoulders and knees in position.
- 5). Release your head toward the floor, but don't force your chin to your chest. Imagine you're pulling your belly up towards your spine.
- 6). Continue flowing from Cow into Cat, and Cat back into Cow, inhaling as you arch the back, and exhaling as you round the spine.
- 7). Repeat this sequence for 1-2 minutes, or as long as it feels comfortable.



⁴ <https://www.healthline.com/health/lat-stretches#foam-rolling>