

# Stretch

## Arms Inside Out

### **Position**

Neutral

### **Movement**

*Inhale* as you...

- Interlace fingers in front of abdomen.

*Exhale* as you...

- Turn wrists “outward”, straighten elbows in front of body.

*Inhale* as you...

- Bring arms back to body, palms to heart.

*Exhale* as you...

- Repeat, straightening and reaching higher each time.

*Fluid movements make you feel graceful, stretch is from waist and between shoulder blades. Sigh it out—oh yeah!*



### Target Area

- Arms
- Back
- Shoulders
- Wrists

### Target Conditions

- Breathing
- Carpal Tunnel
- Posture
- Rotator Cuff
- Tendonitis
- Tight Back
- Tight Shoulder Blades

