

Sleeper Stretch

SETS: 3

**HOLD
(SECONDS): 30**

DAILY: 1

WEEKLY: 7



Setup

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement

With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip

Make sure not to let your body roll forward or backward during the exercise.