

Rhomboid

Rhomboid Stretch



Take a seat on a chair or stool.

Cross your arms over, placing the edge of each hand on the outside of the opposite knee.

Inhale deeply & hold your breath.

Keeping your hands in position, pull your knees apart so that your body leans forward and you feel a stretch in your upper back.

Exhale. Repeat this movement 3 times.

Complete this stretch 2-3x per day for maximum benefit

