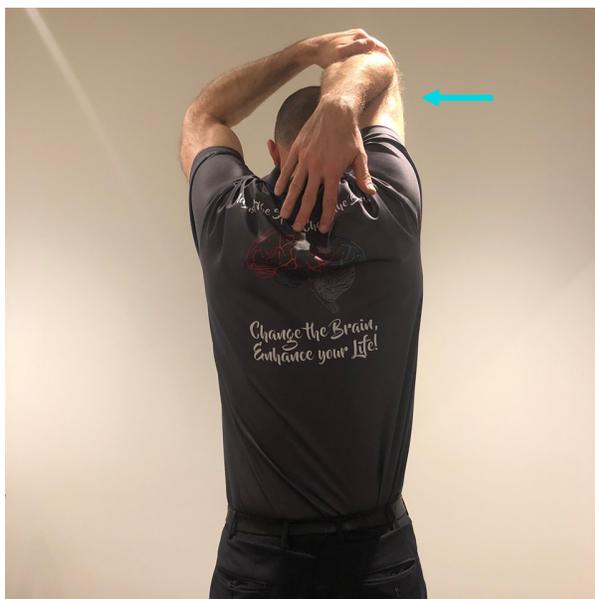


Tricep Stretch



Raise your right elbow above your head, resting your hand at the bottom of your neck.

With your other hand, reach up and pull your right elbow further towards your head.



Hold the stretch for 30 seconds – 2 minutes. Do 3 reps on each side and repeat 2-3x per day for maximum benefit.