

# Back and Shoulders

MAP REF

1

MAP REF

6

## Flexibility

### HOW TO

- Place your right hand on the peg
- Step back with one foot and then the other
- Bend at the hips, keeping your chest up and chin tucked in
- Take a deep breath, exhale slowly and let your back sag towards the floor
- Switch hands and stretch the other side
- Repeat 3 times and alternate sides
- If you experience any pain, reduce the stretch until you find the right point for you



### TIPS

There are 2 different height levels depending on your size, try both and see which works best for you

