

SIDE STRETCH OVER PILLOW



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Purpose: Releases lateral body tightness, helps level both shoulders and hips.

Benefit: Improves shoulder and hip rotation flexibility, improve ability to achieve correct spine angle at address.

Instruction: Side lie over folded pillow(s). Bend bottom knee and rest head on bent bottom arm. Reach the top leg and arm as straight as possible until a comfortable stretch is felt in the top side of the body.

Quantity: Hold _____ minutes _____ reps, side(s) _____

Release

