



Side Stretch Over Pillow

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.

Instructions:

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) _____

