

SIDE-LYING BICEP STRETCH

- In prone lying position, start with the left hand at 10 o'clock or the right hand at 2 o'clock.
- Internally rotate the arm so that the palm is facing up.
- Open your chest by rolling toward your extended arm, attempting to have the opposite shoulder on top of the bottom shoulder.
- Lengthen the arm being stretched, taking it away from the shoulder.
- Move back lying prone and change arms.

Benefits

- Creates an opening through the shoulder and chest.
- Stretches the biceps and forearm.

Beginners Advice

- Be aware of your edge in the position, and challenge that area rather than forcing the opposite shoulder to get on top of the bottom shoulder.
- Use the opposite hand to push against the ground to encourage extra shoulder rotation.

Challenge

- Stay in the pose, breathing deeply and slowly - softening with the out breath.

Adjustments / What to look for

- One shoulder on top of the other.
- Maintain a soft throat and face.
- Maintain an open palm with relaxed fingers.

