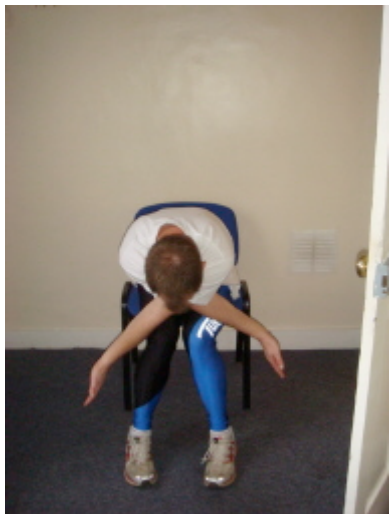


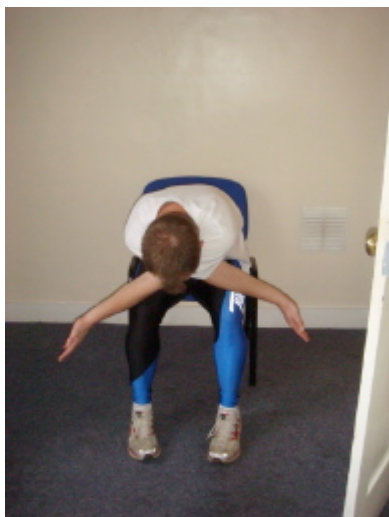
RHOMBOID STRETCH



Start by sitting on the front edge of a chair. Cross your arms onto opposite legs with your palms facing outwards. Most importantly, keep your arms straight, **DO NOT** bend at your elbows.



Now lean forward sliding down your legs so that the arms open wider in the front. Make sure to keep your arms straight.



Now to get the stretch, on the exhalation relax down and open slowly at your knees. Then hold during inspiration and repeat again opening the knees on breathing out. Hold for 20secs. and repeat 3 times, alternating with the other side.