



Back Stretches

Luke Andrus



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Try This Workout

Equipment: Bodyweight

Back Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |

Neck Stretch



- 1 - Stand or sit upright, placing one hand on the opposite side of your head, elbow bent.
 - 2 - Gently pull your head down sideways toward your shoulder.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |

Neck Stretch



- 1 - Stand or sit upright holding a towel in both hands, wrapped around the back of your head.
- 2 - Gently pull your head forward and down.

| # | REPS | WEIGHT | TIME | NOTES |
|---|------|--------|------|-------|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |
| 4 | | | | |
| 5 | | | | |
| 6 | | | | |