



## Shoulder Rolls

Target: trapezius

You can also try this stretch standing with proper posture.

**STARTING POSITION:** Sit with proper posture in a stable chair. Inhale slowly and deeply through your nose.

1. Exhaling through your nose, roll your shoulders forward, attempt-ing to touch your shoulders together.
2. Now inhale and focus on squeezing your shoulder blades together, moving your shoulders back and opening up your chest.

Repeat as desired.

