

Prone/Quadruped Position Stretches



Foam Rolling Lats/Trap:

While on your side, use slow, gliding motions to work the side of your body from your arm pit half way down your torso.

Remain on sensitive spots for 30-40 seconds



Latissimus Stretch:

Find a comfortable position on your hands and knees then slowly roll the foam roller away from you in order for your hands to travel above your head until you feel a gentle stretch. Hold for 30-60 seconds



Bias of One Side for Stretch:

Find a comfortable position on your hands and knees then slowly roll the foam roller away from the side you want to stretch at a diagonal across your body. Hold for 30-60 seconds



Posterior Shoulder Stretch:

Find a comfortable position on your hands and knees then slowly roll the foam roller away from the side you want to stretch directly across/under your body. Hold for 30-60 seconds