

Foam Roll



**Foam Roll
with
extension**

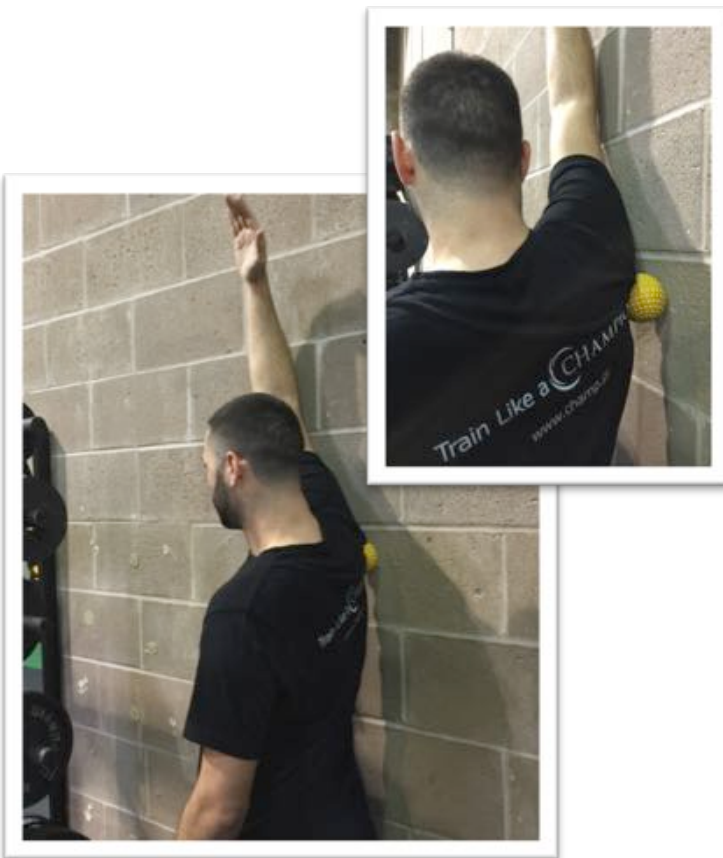


**Sidelying
Lat. Roll**

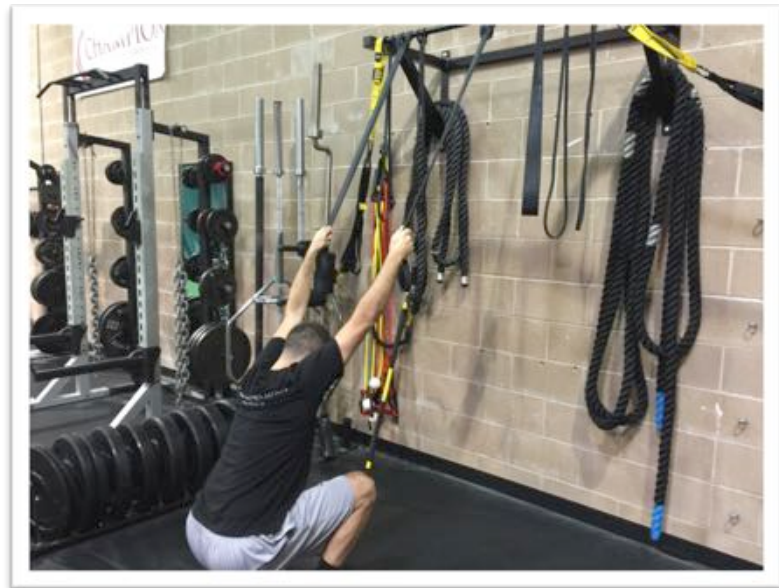




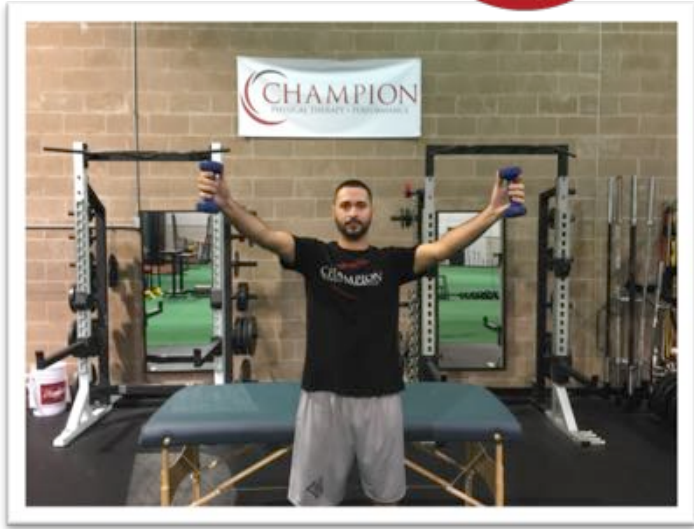
Bench t-spine



Self-myofascial release



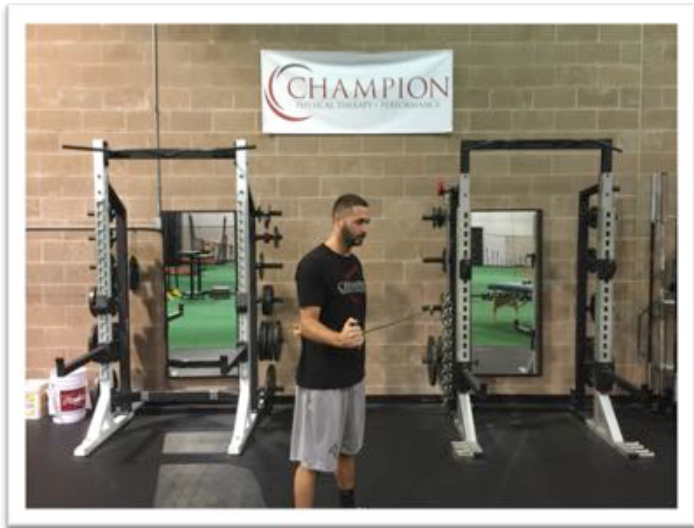
Lat hangs



Full Can



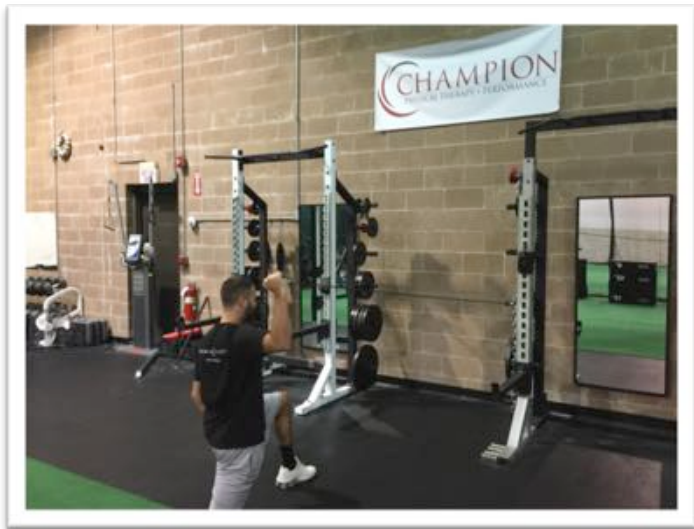
Abduction



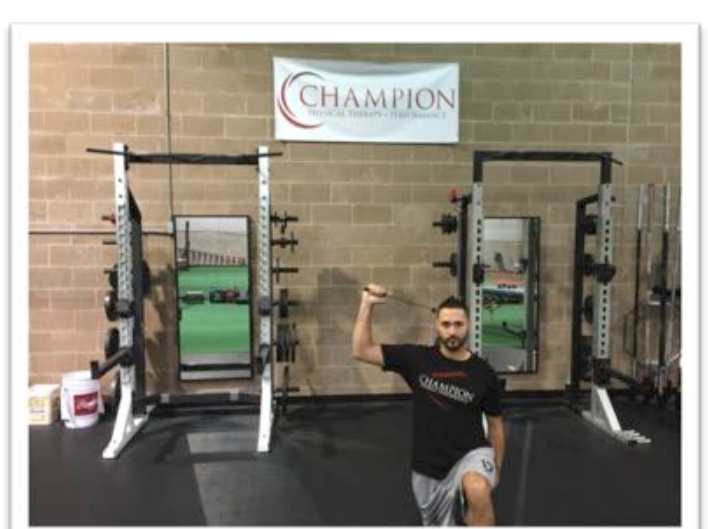
External Rotation at 0



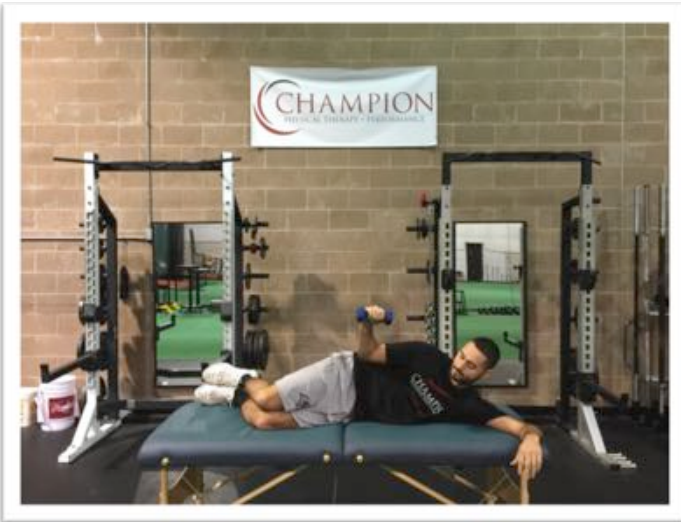
Internal Rotation at 0



External Rotation at 90



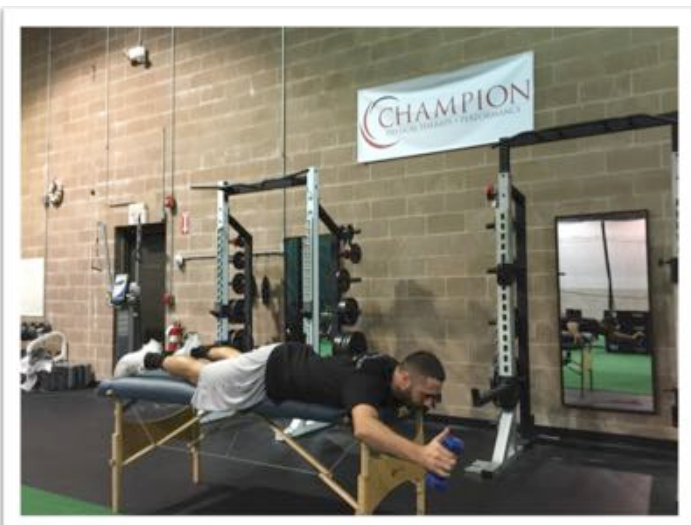
Internal Rotation at 90



Sidelying external rotation



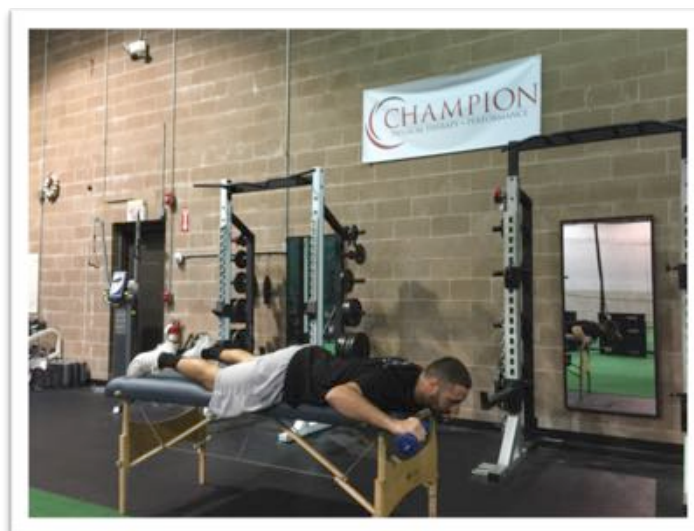
Prone extension (I's)



Prone Full Can (Y's)



Prone horizontal abduction (T's)



Prone 90/90 (U's)