

## REVERSE ARM PULL TWIST      FF05

### DIRECTIONS

Sit on the ground facing away from the anchor. Grab the rope with only one arm. The arm on the opposite side of the rope. Move into a comfortable tension that allows the rope to pull your arm against and into your chest. Resist the pull and rock back and forth a little as you get comfortable with the stretch. Shop around until it feels good. Perform for 30 seconds and repeat for the other arm.

### IMAGERY

Can't think of any ..... can you?

### BENEFITS

REVERSE ARM PULL TWIST alleviates tension held in a stiff neck and upper back, which can be caused by poor posture, hours of sitting at a computer or driving a car.

The external rotator muscles of the shoulder complex are stretched.

The serratus anterior muscles and the lats are strengthened.