

Thoracic Roll



Start by positioning the foam roller under your shoulder blades with your arms behind your head, knees bent and feet flat. Gently lean back over the roller to extend your spine. Do this at multiple sections of your back from the top to the bottom of your shoulder

Thoracic Extension



Lie back over a roller on the mat with the roller at your midback level. Keeping your butt on the mat, extend your midback over the roller, relaxing back over the roller.

Thoracic Rotation



Lay on your side. Raise the top leg up to 90 degrees, resting it on a foam roller. Place your hands out to the front in a prayer position. Slowly rotate with your thoracic spine to bring the top arm over so that the back of your hand touches the floor, or as far as mobility allows. Keep your leg firmly on the foam roller throughout the whole movement.

Lat Roll



Lie on your side and position a foam roller horizontally under your armpit with your bottom arm extended overhead. Your other hand should be in front of you for support. Slowly roll your body upward over the foam roller. When the roller reaches the bottom of your ribcage, pause, then repeat by reversing the movement.

Pec Stretch



Lie face up vertically on a foam roller with the head and tailbone supported, keeping both knees bent so feet are flat on the floor. Bring your arms out to the side like the letter T and relax. Breathe into this stretch. Hold the stretch for 30 seconds. Repeat 3 times.