

# *XLathlete.com –Post Workout Stretch*

## 90 90 Open Shoulder Roll



1. Start lying on your side with body in line, breathing through the belly.
2. Support the neck so it is in line with spine.



3. Bend bottom knee to a 90-degree angle, grabbing the bottom of the thigh with bottom arm.
4. Keep head, neck and spine in a straight line.



5. While staying on your side, grab the top foot with the top hand.
6. While breathing out, push legs against hands and slowly roll top shoulder backwards toward the ground.

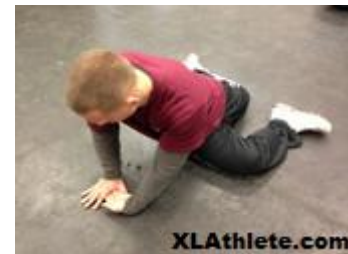
## 90 90 Shoulder Lean



1. Keeping the spine and neck in line, bring bottom knee under and across the body in a 90-degree angle.
2. The top leg is also at a 90-degree angle, while trying to keep the hips as closed.
3. While belly breathing, rotate shoulders parallel with thigh.



4. Once shoulders are parallel with thigh, place the bottom side hand under the top hand, palm facing up.
5. Arms must stay straight with shoulders parallel to thigh.



6. Begin to lean to the side nearest your knee that is up, while keeping the arms straight.

## 90 90 Face Down & Away

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1. Get into position, keep breathing through the belly.
2. Keep the knee, spine and neck in line



3. Drop chest to the ground laying arms flat on the ground, palms down.
4. With arms in line with shoulders, lay with face looking to the side with knee up.



5. For more advanced stretch, turn face to the side away from the knee that is up.