

FOLLOW ALONG  
**ROUNDED SHOULDERS**  
ROUTINE

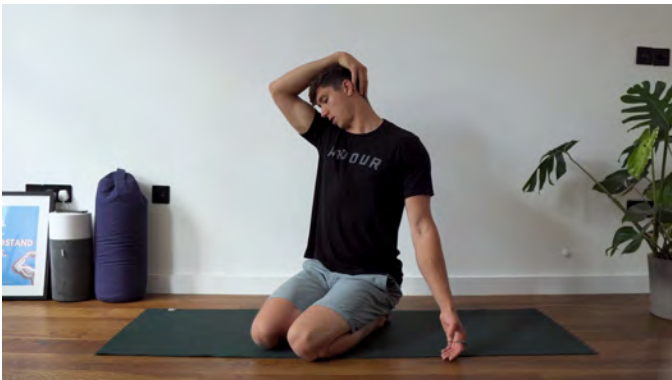
1. Breath Nod - 5 reps



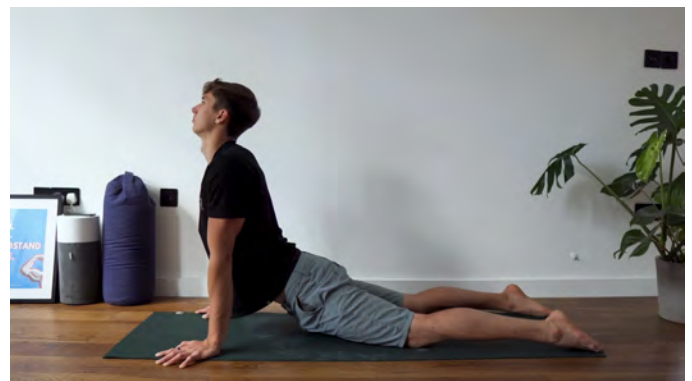
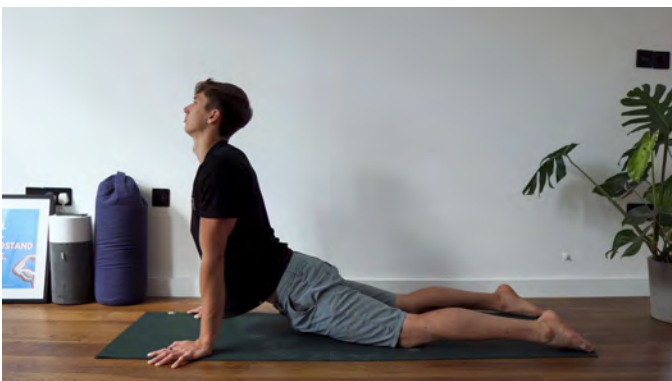
2. Breath Extension - 5 reps



3. Levator Scapulae Stretch - 20-30 seconds per side



4. Upward Dog - 20 seconds

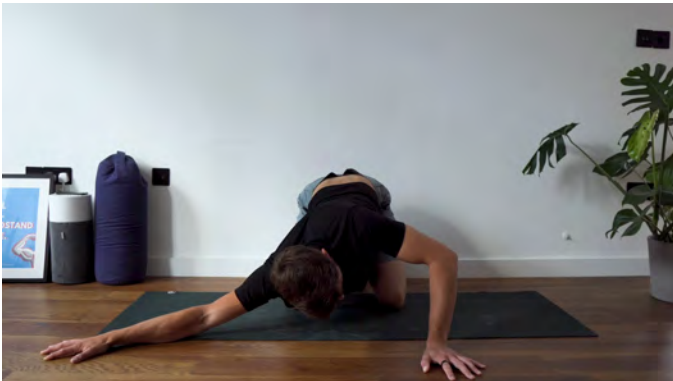


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5. Prone Prisoner Lift - 3 reps (5 second hold)



6. Kneeling Pec PNF Stretch - 3 reps (5 second active) + 10 seconds per side



7. Tabletop Lift - 5 reps



8. German Sit - 30 seconds

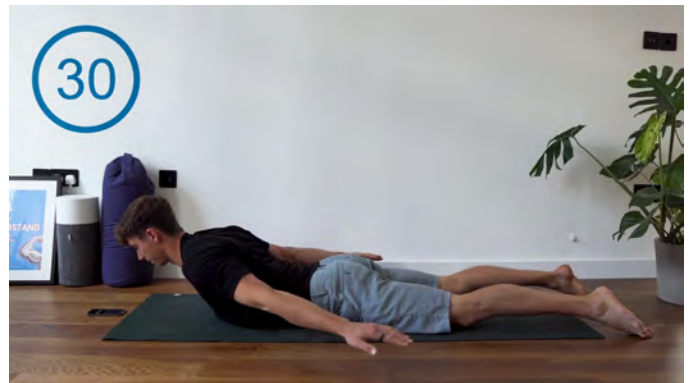
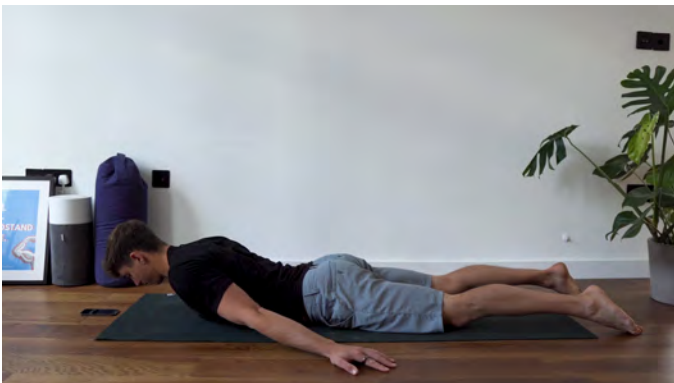


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9. Kneeling Lat PNF Stretch - 3 reps (5 second active) + 10 seconds



10. Swan Hold - 6 x 30 seconds hold, 10s rest between holds



11. Supine Crucifix Stretch - 2-5 minute

