

Overhead triceps stretch

1. Raise your right arm over your head and bend your elbow so that your hand hangs behind your head
2. Reach up and across with your opposite arm, grasping your right arm just above the elbow
3. Pull your right arm closer to your head, reaching your hand down your spine – stopping when you feel a strong stretch along the back of your right arm
4. Hold the position for 30 seconds before switching sides

