

231



- Lie on the floor on your back with both knees flexed.
- Interlock your hands behind your head near the crown.
- Exhale and pull your head onto your chest while keeping your shoulder blades flat on the floor.

**NOTE** The stretch will be dissipated if your shoulder blades lift off the floor.

233



- Kneel on all fours, flex your arms, and place the crown of your head on the floor.
- Exhale, roll your head forward, and bring your chin to your chest.

**NOTE** This is an essential exercise for those involved in judo and wrestling.

243

- Sit or stand with your left arm flexed behind your back.
- Grasp the elbow from behind with the opposite hand and pull it across the midline of your back to keep your left shoulder stabilized.
- Exhale and lower your right ear to your right shoulder.

**NOTE** The stretch will be dissipated upon release of the anchored shoulder.



**BEST**

246



- Sit or stand and carefully lean your head back.
- Place your hands on your forehead, exhale, and gently pull your head backward.

**NOTE** This exercise is important for those involved in judo or wrestling.