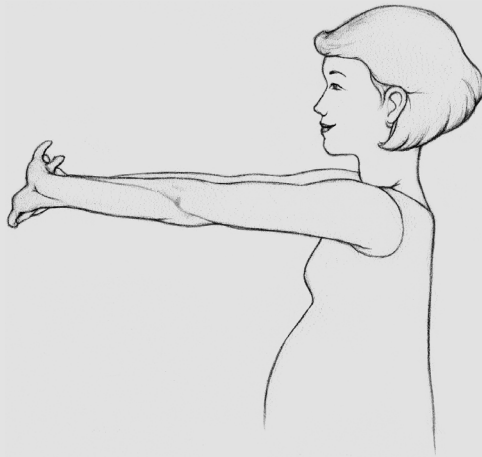


*Shoulder blade pinches. Sit up straight with upper arms at your sides and elbows bent. Keep your shoulders down — don't shrug. Pinch your shoulder blades together, keeping your upper arms at your sides, hold for five seconds, then release.*



*Arm extensions. Sit up straight, and reach your arms out in front of you. Lock your fingers together, then invert your hands so your palms face away. Hold that stretch for a count of ten, then reverse the steps and release. Repeat once.*



*Touch the sky. Sit up straight. Reach above your head, clasp your hands, and invert your hands so your palms face up. Be careful not to arch your back. Hold for a count of ten, then reverse the steps and release. Repeat once.*