

Open your Upper Body

Maria's Place does not bear responsibility for any injury sustained while following our exercise programs.

Before undertaking any exercise routine, please consult your doctor and use common sense while exercising.

Listen to your body and be mindful of any existing medical conditions.

Repeat each exercise three to five times.

Lower your chin to your chest to open the back of the neck.

Look up to the sky and press your jaw forward.

Tilt your head to one side, bringing your ear towards your shoulder.

Repeat side to side to open the bridges of your neck.

Look over one shoulder at a time turning side to side.

Lower your chin to your chest.

Make an arc shape over your chest with your chin moving chin from shoulder to shoulder.

Drop one ear to your shoulder and gaze forward.

Lower your chin to your chest, then drop your other ear to your opposite shoulder.

Reach your arms overhead.

Bend one elbow to grasp your opposite ear, and drop your other arm to your lap.

Gently stretch your neck to the side.

Reach both arms overhead.

Bend the opposite elbow and feel the same stretch on the other side.

Reach both arms overhead.

Bring one hand down to rest on your lap.

Reach the other hand up and bend your elbow, bringing your hand to the back of your ear on the same side.

Look towards your elbow to open your chest.

Draw your elbow down towards your opposite knee, rounding out the back. Repeat 3-5x.

Reach for the seat of your chair with one hand.

Extend your other arm and find a side body stretch.

Pulse in and out of the stretch. 3-5xs.

Reach your extended hand to your opposite knee to find a spinal twist.

Repeat this set of movements on the other side.

Reach both arms wide, bend your elbows and bring your hands to your ears.

Squeeze your shoulder blades together and lengthen your spine.

Bring your shoulders together and round out your spine.

Reach both arms overhead.

Open your arms wide.

Give yourself a hug.

Repeat one more time, then bring both hands to your lap.

Open your arms to a T.

Cross one arm over the front of your body.

Bend the other elbows over your arm and rotate both wrists.

Repeat on the other side

Bring both hands together and interlace your fingers.

Press the palms of your hands forward.

Reach your interlaced hands up and down a few times.

With arms high, lean slightly from one side to the other.

Release your hands.

Bring your hands to your lap.

Make some little circles with your upper body in both directions.

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