

## **How Flexible Are Your Shoulders?**

Tight shoulders can hamper full arm extension, which interferes with upper-body moves like overhead presses and golf swings and makes sculpting biceps and triceps more challenging.

**The Test:** Raise right arm overhead, left arm by your side. Bend both elbows, placing backside of left hand and the palm of your right hand near the center of your back. Try to touch fingertips. Repeat on the opposite side.

**Needs Improvement:** 5 (or more) inches between hands.

Place palm of right hand on wall at shoulder height with feet hip width. Slowly turn head and shoulders away from the wall. Hold for 30 seconds on each side.

**Make It Better:** Less than 5 inches between fingers but still not touching. Begin by sitting on your knees. Bring your forehead to the floor and reach both arms out on the floor in front of you. Walk your hands to the left and hold for 20 counts. Walk hands back to center, then repeat to the right.

**Great:** Fingers touching. Increase upper-body and torso flexibility with this additional move. Stand with knees slightly bent; relax shoulders down away from ears. Clasp hands behind lower back. Bend forward from waist. Allow upper-body to hang and clasped hands to fall forward over your head. Hold for 20 counts, breathing deeply. Return to standing, take 2 deep breaths and repeat.