Synergistic Movement Chiropractic

Created by Dr. Robert Sanchez, DC, MS, CSCS Dec 7th, 2016

View at "www.my-exercise-code.com" using code: 72TEVZG

Synergistic Movement 5755 Oberlin Dr. Suite 202 San Diego, CA 92121 www.smcsportswellness.com



FOAM ROLL - LATS

Start by lying on your side so that a foam roll is under the upper part of your arm and back.

Next, using your other arm and legs, roll forward and back across this area.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Week



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FOAM ROLL - CHEST

Start by lying face down so that a foam roll is under the upper part of your arm and chest.

Next, using your other arm and legs, roll forward and back across this area.

Repeat 1 Time
Hold 30 Seconds
Complete 1 Set
Perform 3 Time(s) a Week

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FOAM ROLL - TRUNK EXTENSION

Start by lying on your back with a foam roll under your back. Next place your hands behind your neck or across your chest.

Then slowly extend your spine over the roll.

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 3 Time(s) a Week