All Four Intercostal and Latissimus Inhibition

1. Position yourself on your hands and knees.
2. Find a pole or firm structure to grasp your right hand around.
3. Bring your right knee slightly in front of you and straighten your left leg behind you.
4. Keep your trunk sidebent to the left, your head neutral with your spine and your back rounded.
5. Inhale through your nose and reach back with your left leg.
6. Exhale through your mouth and hold this position.
7. Inhale again and reach further with your leg. You should feel a stretch through your right chest wall.
8. Exhale and hold this position.
9. Continue this sequence until you have taken 4-5 deep breaths in and out.
10. Relax and repeat 4 more times.