

Thoracic Matrix

Step 1: Standing against a wall, arm against wall is horizontal and legs are staggered, leg against wall is in back.

Step 2: Bring opposite arm overhead and side bend toward the wall.
Repeat process 20 times on each side.



Step 3: Standing against a wall, legs are staggered with leg against wall in back, bring outer arm to wall for stability.

Step 4: Rotate arm across body away from wall in a high diagonal pattern.
Repeat process 20 times on each side.

