**Shoulder cross-arm stretch**

**Equipment**: None

**Instructions:**

1. Stand with your feet shoulder-width apart.
2. Cross one arm horizontally across your chest.
3. Use the opposite hand to grasp the outer forearm of the crossed arm.
4. Gently pull the arm towards your body to feel a stretch in the shoulder and upper back.
5. Hold the stretch for 30 seconds.
6. Switch arms and repeat the stretch on the other side.
7. Perform the stretch as needed or as instructed.

**Key Tips:**

* Maintain Good Posture: Keep your shoulders relaxed and avoid rounding your back during the stretch.
* Breathe Deeply: Take slow, deep breaths while holding the stretch to enhance relaxation and effectiveness.
* Do Not Force the Stretch: Stretch to the point of mild discomfort, but never push to the point of pain. Adjust the pull as necessary to find a comfortable stretch.