 **X-Seated Rhomboid Stretch**

* Feet slightly apart, planted on the ground
* Knees at 90°
* Cross arms in front of the body and place them over the knees
* Maintain the curve in your low back by anteriorly tilting the pelvis and bracing the abdominals
* Increase the stretch by lifting the head to look forward and spreading the arms deeper into a “X” position
* \_\_\_\_x, holding each stretch for 10-15sec
* \_\_\_x / day