Lat Muscle (Latissimus Dorsi)

Static Stretch

**Directions**  Kneel on all fours, then place one hand on the opposite side of the other hand - reaching as far away from your body as possible in a diagonal pattern. Keep the hand in position as you sit your buttocks back toward your heels to increase the intensity of stretch in the lat muscle.

![Start position.](Figure 1.79)

![Reach hand across.](Figure 1.80)

![Finish position.](Figure 1.81)