



Chest Stretches

Notes :

Consult with your doctor before attempting any of these exercises.

As with all stretches, you should not stretch to the point of intense pain! A tolerable amount of discomfort should be more than sufficient. You do not want to pull (or tear) your muscles, or be very sore the next day.

1 Cactus arm on wall



Sets: 1 Reps: 10 Freq: 3x / Day Hold: 3 Seconds

Stand with your feet slightly away from the wall, with a small bent in your knees and your spine neutral (chin tuck, core activated, small hollow in your lower back).

Breathe normally and keep your back against the wall while you open your arms wide to bring them on the wall.

From this position, bend your elbows at 90 °, then rotate the forearms backward against the wall.

Reverse the steps to come back to the starting position and repeat.

3 Pectoralis stretch



Reps: 2 Freq: 3x/day Hold: 30

Stand straight next to a post.

Place your hand against the post at shoulder height as you rotate your body to the opposite side.

Hold the position when you feel a comfortable stretch in front of the shoulder and/or chest.

2 Stretching pectorals



Reps: 2 Freq: 3x/day Hold: 30

Stand up straight in front of an open doorway. Place your hands onto either side of the doorway at shoulder level.

Lean your body weight forward until you feel a stretch along your chest and in front of your shoulders.

Maintain the position and relax.