

CHEST STRETCH

POSITION

1. Feet shoulder width apart.
2. Hands clasped behind back.
3. Push fingers gently down towards the ground – raise arms behind you and squeeze shoulder blades together.



Make sure:

- Ideal is elbows straight – bend elbows if this is not possible.
- Keep pushing fingers gently down towards the ground throughout the movement.
- Open chest and squeeze shoulder blades together as you raise arms.

Breathing:

- Breathe out as raise arms.

It is good for:

- Opening chest and shoulders after forward postures.
- Strength upper and mid back.