

Chest Stretch



Description: Chest Stretch (flexibility). Use this stretch to work on flexibility and to lower your heart rate at the end of a workout.

Instructions

1. Reach both arms behind your back.
2. Clasp fingers or hands together and open up your chest.
3. Hold the stretch for 30 seconds.
4. You should feel the stretch across your chest (pectorals).

Tips & Modifications

- If your flexibility is limited, reach your elbows behind your back instead.



Click here or scan the QR Code to the right to watch video instructions!

