

Shoulder Stretch



Pectoralis Major Stretch

- Step 1: Stand w/ palms together, arms straight out in front of body
- Step 2: Exhale, bring arms backward (squeeze scapula together), hold for 2 seconds
- Step 3: Bring arms forward, take a breath, raise arms up 20°
- Step 4: Exhale, bring arms back, hold for 2 seconds
- Step 5: Bring arms forward, raise arms up another 20 °, repeat stretch 2 seconds
- Step 6: Repeat entire sequence 2-3 times.