## **Bicep Stretch**





To stretch the biceps, stand with your back to the back of a sturdy chair or bench top, and grab the back of the chair with both hands.

While still holding the chair, walk further away from the chair until you feel a stretch in your biceps.

Hold this stretch for 30 seconds – 2 minutes, and complete 3 reps 2-3x per day for maximum benefit.

