

# Pectoralis

## Pectorial Stretch



For the first pec stretch, position yourself near a door frame.

Holding the door frame with your arm up at a 45 degree angle, gradually twist your body away from your arm until you feel a deep stretch in your pec.

Complete this stretch on both sides of your body.



For the second pec stretch, position yourself in the corner of a room.

Again, raise your arms to be at a 45 degree angle, with your hands touching the walls beside you.

Holding your arms still, gradually push yourself further into the wall until you feel a deep stretch in your pecs.



Complete either stretch 2-3x per day for maximum benefit.