

CHEST STRETCH OVER BALL



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- Purpose:** Releases chest tightness, reduces thoracic kyphosis.
- Benefit:** Improves thoracic rotation potential, improves address posture position.
- Instruction:** Sit on ball, walk legs out until you roll onto your back. Your head should be supported on the ball. Perform a pelvic tilt, hold arms up and out. You may increase the stretch by rolling your upper body further over the ball.
- Quantity:** Hold _____ _____ reps.