

CHEST STRETCH OVER PILLOW



8

Purpose: Releases chest tightness, reduces thoracic kyphosis.

Benefit: Improves thoracic rotation potential, improves address posture position.

Instruction: Lay over folded pillow(s) positioned across shoulder blades, knees bent and arms up and out. You should feel a stretch across your chest and/or front shoulders. You may increase the stretch by adding more pillows.

Quantity: Hold _____ _____ reps.

Release

