

Flexibility (Chest)

Broomstick Stretch



Exercise Description:

Broomstick Stretch

Classification:

Flexibility (Chest)

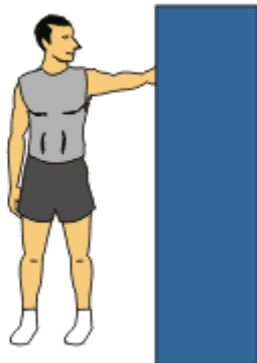
Instructions:

Place your right arm up next to your head and bent at a 90 degree position.

Hold the other end of the broomstick with your left hand. Push with your left hand up and back so that your right chest/shoulder stretch.

Repeat with the other arm.

Chest (doorway)



Exercise Description:

Chest (doorway)

Classification:

Flexibility (Chest)

Instructions:

Place an outstretched arm against a wall or doorway and lean forward with that shoulder.

You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds.

Repeat with the other arm.

Chest



Exercise Description:

Chest

Classification:

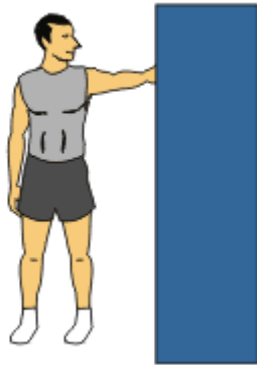
Flexibility (Chest)

Instructions:

Stand in an upright position and reach back with your arms extended and clasp your hands together.

Raise your hands towards the ceiling keeping your arms straight until you feel a stretch in your chest.

Chest (wall)



Exercise Description:

Chest (wall)

Classification:

Flexibility (Chest)

Instructions:

Place an outstretched arm against a wall or doorway and lean forward with that shoulder.

You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds.

Repeat with the other arm.

Bentover chest stretch



Exercise Description:

Bentover chest stretch

Classification:

Flexibility (Chest)

Instructions:

1. Starting position: Stand a toning bar on end and rest your hand on top of the bar.
2. Lean forward keeping your elbow level with your hand and your back flat.
3. You should feel a stretch in your chest muscle. Hold for desired time.
4. Repeat with other side.

Chest stretch with bar



Exercise Description:

Chest stretch with bar

Classification:

Flexibility (Chest)

Instructions:

1. Sit on the ground in a comfortable position.
2. Holding the bar behind your body raise your arms up into the air until a stretch is felt in your chest.
3. Hold for the prescribed time and repeat if necessary.

Kneeling Chest Stretch with ball



Exercise Description:

Kneeling Chest Stretch with ball

Classification:

Flexibility (Chest)

Instructions:

1. Start by assuming the position of being on your hands and knees.
2. Place one arm on top of a stability ball placing the elbow at 90 degrees.
3. Now shift your body towards the ground until a stretch is felt in your chest area of the outstretched arm.
4. Hold for the required time and repeat with the other side.

Chest Stretch



Exercise Description:

Chest Stretch

Classification:

Flexibility (Chest)

Instructions:

1. Stand with arms abducted 90° from side of body. Bend elbows 90°.
2. Place your hands behind your head and pull your elbows back until a comfortable stretch is felt in the chest.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight - do not hyperextend.

Chest Stretch with bent arm



Exercise Description:

Chest Stretch with bent arm

Classification:

Flexibility (Chest)

Instructions:

1. Place arm on a wall or any vertical object and bend elbow to 90 degrees.
2. Lean forward with your body and turn slightly away from your arm until a comfortable stretch is felt in your chest.
3. Hold for the prescribed time and then repeat with the other side.

Supine Mobility Flyes with tubing



Exercise Description:

Supine Mobility Flyes with tubing

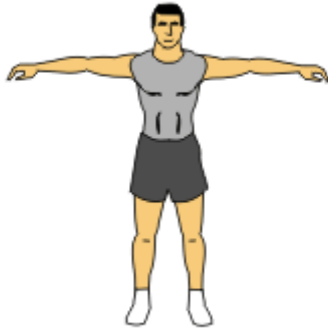
Classification:

Flexibility (Chest)

Instructions:

1. Lie on your back and a band under your waist with a handle in each hand.
2. Start by bringing your hands back to shoulder level with your elbows bent and then return to your waist.
3. Then bring your arms over your head with your arms straight.
4. Repeat for the prescribed repetitions.

Across Body Arm Swings



Exercise Description:

Across Body Arm Swings

Classification:

Flexibility (Chest)

Instructions:

1. Stand tall and hold arms out to your side.
2. Slowly swing your arms back and forth across the front of your body.
3. Repeat this continuous motion until warm or until recommended time is met.