

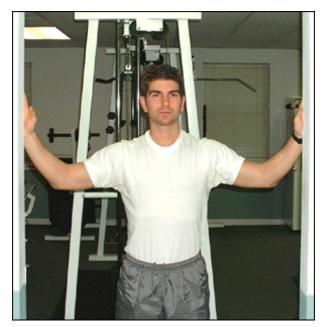
Chest Stretch

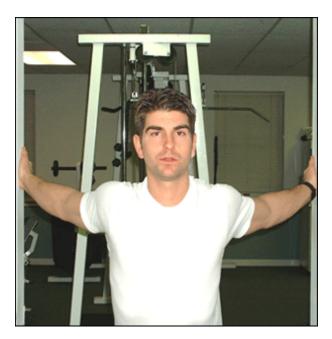
Description: Stretches the chest, bicep and forearms.

Before: Stand in a door way with shoulders even with door frame.

After: Step forward with one leg causing your entire body to go beyond the doorway while keeping your low back straight. Do not arch

your lower back!





Before After

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