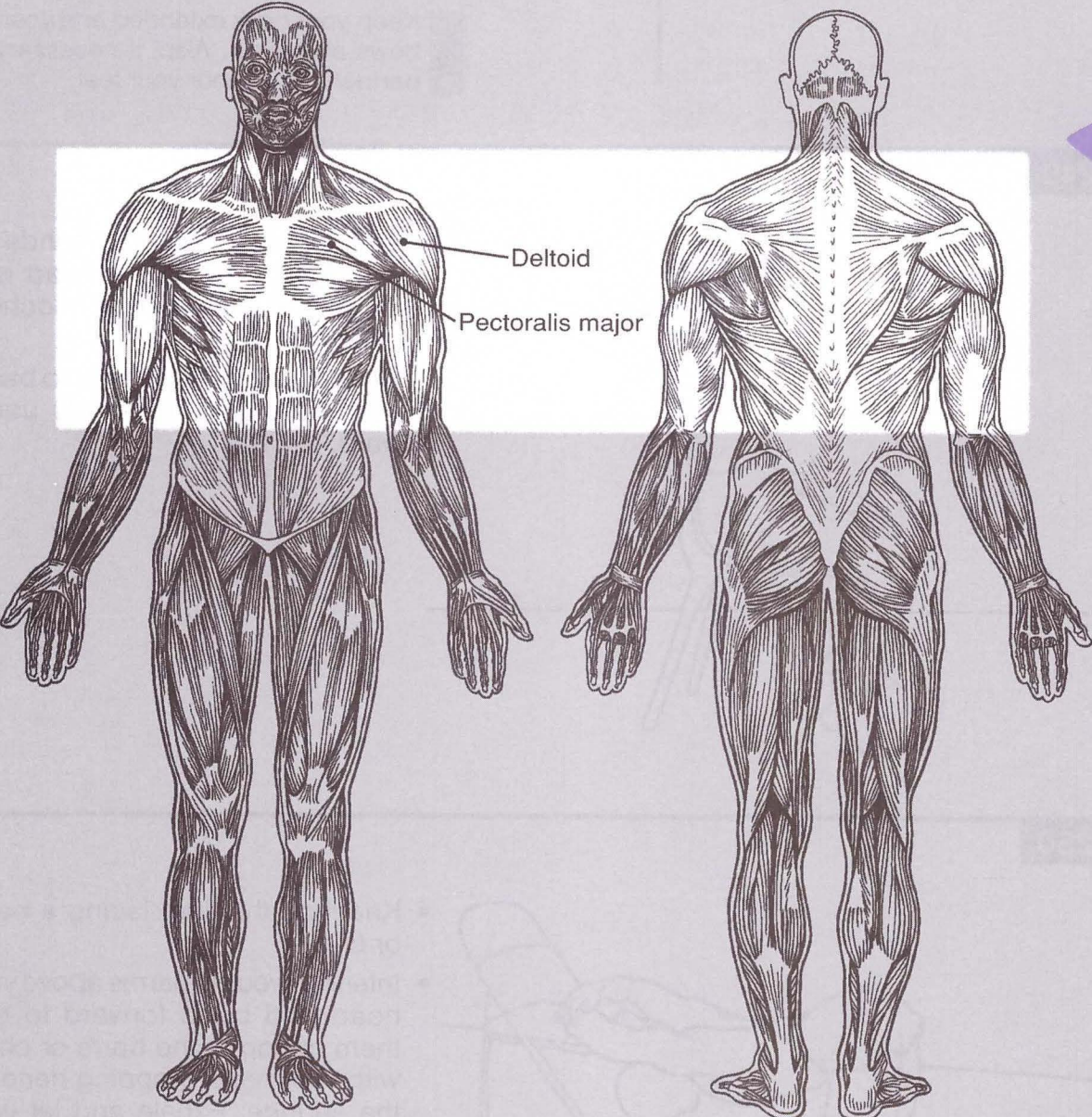
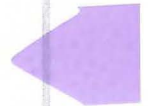
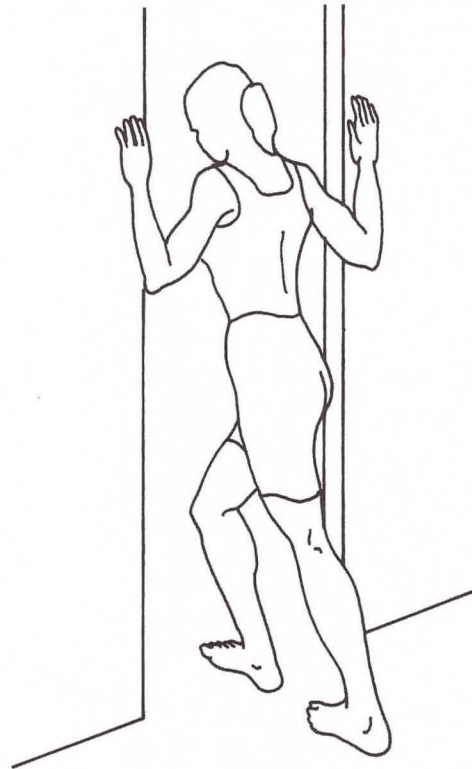


# PECTORALS

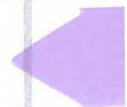
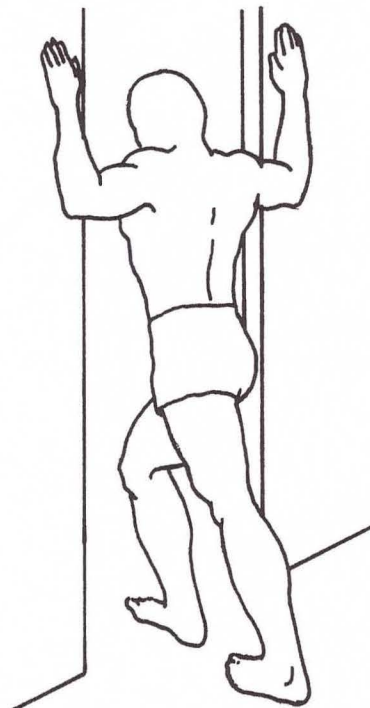


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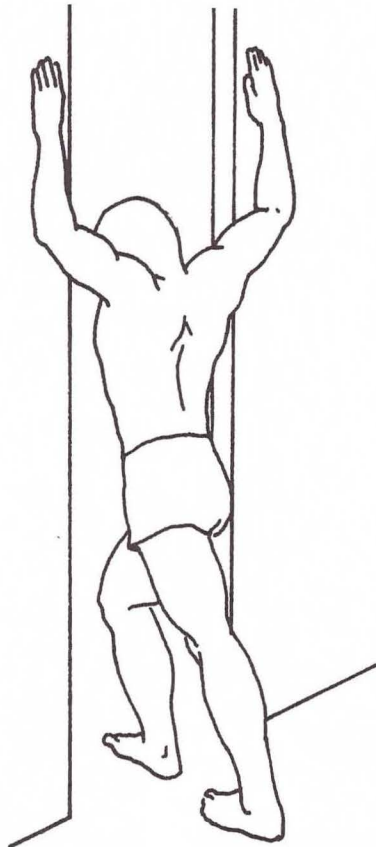
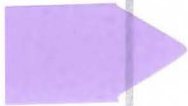
- Stand facing a corner or open doorway.
- Raise your elbows in a reverse *T* (elbows below your shoulders) to stretch the collarbone section of the pectoral muscles bilaterally.
- Exhale and lean your entire body forward.



- Stand facing a corner or open doorway.
- Raise your elbows to shoulder height at your sides, bend your elbows so that your forearms point straight up, and place your palms against the walls or door frame to stretch the sternal section of the pectoral muscles on both sides. This position will form the letter *T*.
- Exhale and lean your entire body forward.

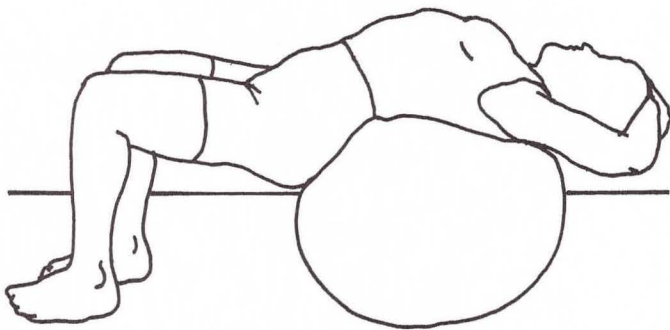


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- Stand facing a corner or open doorway.
- Raise your elbows above shoulder height at your sides to form the letter V, slightly flex your elbows, and place your palms against the walls or door frame to stretch the rib section of the pectoral muscles on both sides.
- Exhale and lean your entire body forward.

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- Sit on the floor with a large Swiss ball against your lower back and your hands interlocked behind your head, elbows facing forward.
- Inhale, extend your thighs, raise your buttocks off the floor, roll the ball, and achieve a neutral position. The ball should be under your shoulder blades (scapula), with your lumbar spine flat, your knees flexed at 90 degrees, and your elbows abducted.

**NOTE**

You should feel the stretch in the upper chest and thoracic area.