

Doorway Chest Stretch

This is a move to stretch the chest muscles using a door opening. Begin with your feet under your arms. To increase the stretch move backwards, away from the doorway.

Doorway Chest Stretch

Model: Courtney Miller Photos by: Darlene Czech



Figure 1



Figure 2



Stand in a doorway and place your hands on each side of the opening. Make sure your arms are slightly higher than your shoulders. Slowly lean your body into the opening of the door. Inhale, exhale and repeat one more time.



Repetitions:

X Per Day:

Notes:

“Neither from itself nor from another, nor from both, nor without a cause,
does anything whatever, anywhere arise.”
-Nagarjuna, Mulamadhyamaka-Karika

