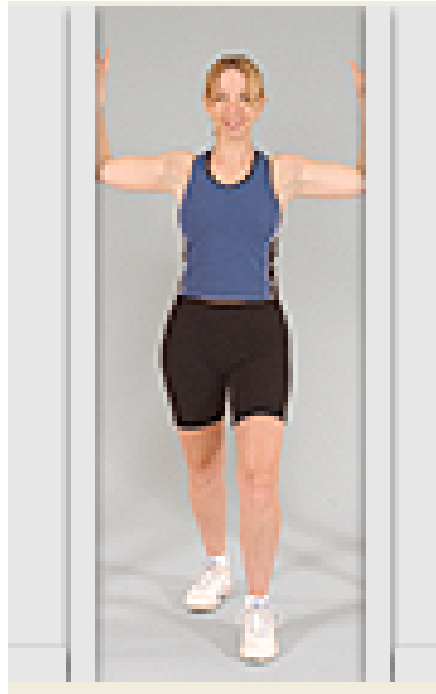


## Pectorals Doorway Stretch



- Stand facing an open doorway, with feet shoulder width apart.
  - o Doorway should be roughly between 36"-42".
- Place hands on edge of doorway at shoulder height.
- Put one foot forward through the doorway
- Supporting yourself with your arms lean through the doorway until you feel a comfortable stretch.
- Hold for 20 seconds or as directed.
- Do 2-3 reps.
- You can raise or lower the height of you elbows to adjust the area of the pectoral muscles you stretch.