

Raised Pec Stretch

- Stand facing the wall, arm out to the side with the elbow at 90 degrees and at shoulder height.
- Turn chest and rib cage away from the wall / arm, keeping the front of the shoulder close to the wall. Feel the stretch in the front of the shoulder
- Repeat 1. with the elbow at shoulder height, and
2. with the elbow just above shoulder height.
- Hold both stretches for 30 sec x2

