



## **Doorway Pec Stretch**

### **Starting position:**

Standing in a doorway with your shoulders and elbows bent to 90 degrees. Rest your forearms on the door frame and step one foot forward.

### **Movement:**

Keeping your head in a neutral position shift your body weight forward until you feel a stretch in your chest. Slowly return to starting position. Use your legs to support your weight, DO NOT 'hang' on your arms alone.

(Stretch may be performed with elbows extended, with arms in a "Y" position, or with one arm at a time)



**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ X/day**