

Pec Stretch (Doorway)

Stand in a doorway in a lunge stance with one arm resting on the door frame at or slightly above shoulder height.

Keep your shoulder blade pulled back towards your spine - hold this position for the entire stretch.

Lunge forward and slightly twist your upper body away from the door frame. You should feel a stretch on the front of your chest and shoulder.

Hold the stretch for a few seconds then slowly return to the starting position.

Repeat 3-5 times.



Notes:

- There should be no pain during the exercise
- Keep the shoulder blade retracted (pulled back towards the spine) to stabilize the shoulder during the stretch