

## Corner Pec Major Stretch

**SETS: 3**

**HOLD  
(SECONDS): 30**

**DAILY: 1**

**WEEKLY: 7**



### Setup

Begin in a standing upright position facing a corner. Place your forearms flat on the wall on each side of the corner with your elbows at shoulder height.

### Movement

Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

### Tip

Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

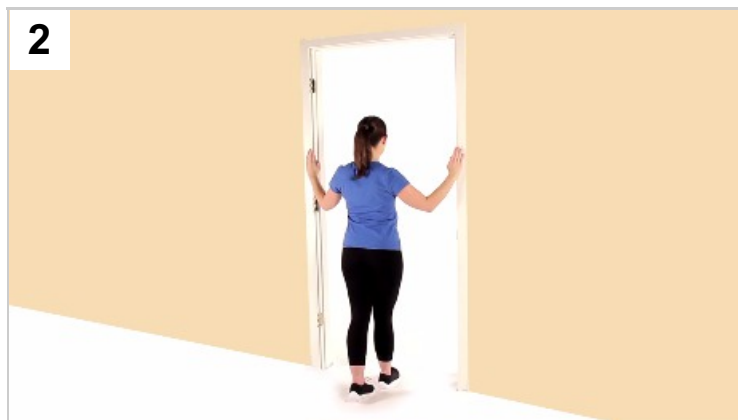
# Doorway Pec Stretch at 60 Elevation

**SETS: 3**

**HOLD  
(SECONDS): 30**

**DAILY: 1**

**WEEKLY: 7**



## Setup

Setup Directions

## Movement

Begin in a standing upright position in the center of a doorway.

## Tip

With your elbows bent, place your forearms on the sides of the doorway at roughly a 60 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.