



Chest Stretch Over Foam Roll

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Pur	DO	se	:

Releases chest tightness, reduces thoracic kyphosis.

Benefit:

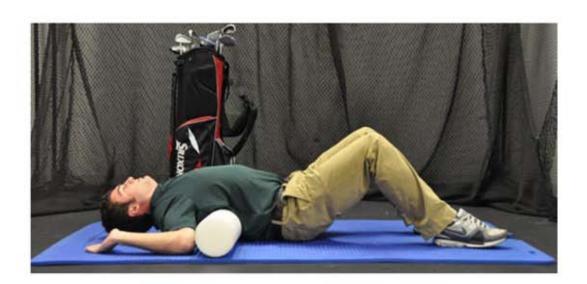
Improves thoracic rotation potential, improves address posture position.

Instructions:

Lay over foam roll across shoulder blades, knees bent and arms up and out. You should feel a stretch across your chest and/or front of shoulders.

Quantity:

Hold _____ reps.



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