

STRETCHING



CHEST

Master any muscle group with just 3 simple stretches. Discover the "3 OR LESS" Complete Stretching Guide – your key to effortless flexibility.

1



Instructions:

- Stand facing a flat sturdy surface (wall, door frame, etc.)
- Extend your left arm at shoulder level and place the palm fully on the surface (fingers will be pointing out)
- Slowly turn your entire body towards your right side while also looking towards the same direction
- Take a deep breath while stretching

Instructions:

- Stand straight and place your hands on the back of your hips. Elbow pointing nearly backward
- Gently push your hands forward until you feel a mild stretch across your chest
- Take a deep breath while stretching



2

3



Instructions:

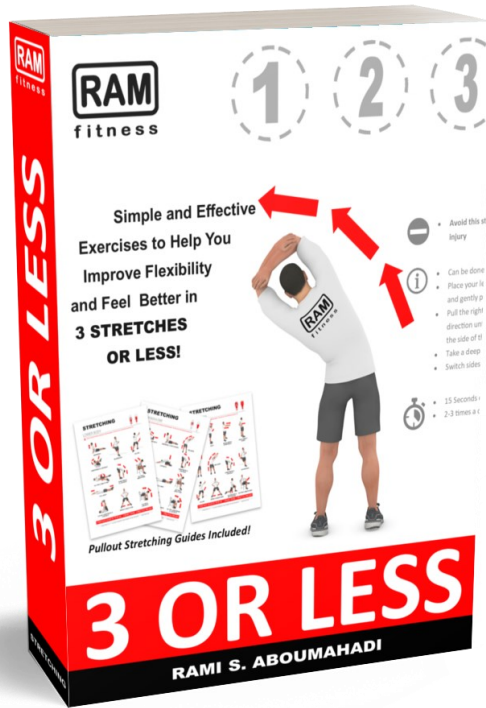
- Place your hands by a door frame
- Bend your elbows
- Gently lean forward until you feel a mild stretch across your chest
- Take a deep breath while stretching

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

50% Off! ←
For a Limited Time!

3 OR LESS eBook

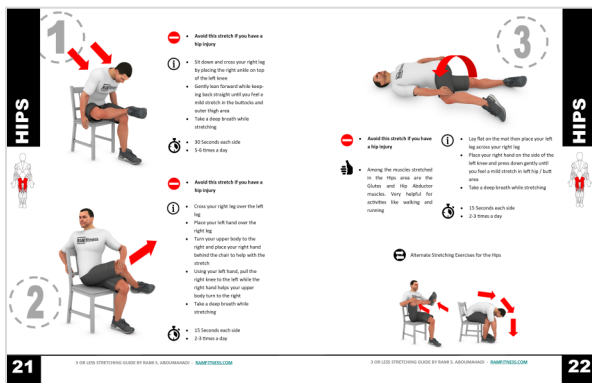
→ **Unlock Better Flexibility Today!**



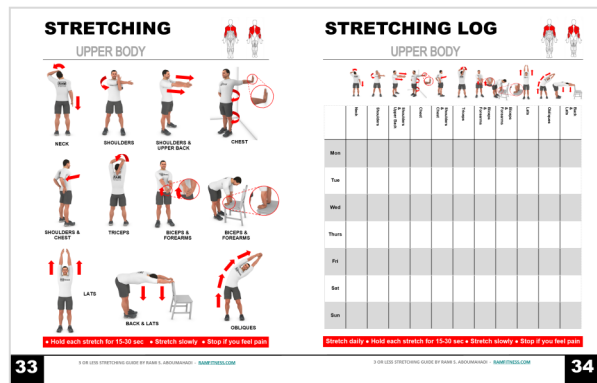
Discover the "3 OR LESS" method in this Complete Stretching Guide – your key to transforming your flexibility routine with easy, effective exercises.

- **Stretch Any Muscle in 3 Simple Moves:** Master key stretches for every major muscle group with just three easy-to-remember exercises.
- **Clear Visuals, No Fluff:** Over 50 pages of clear, concise demonstrations and practical tips.
- **Stay on Track:** Follow 4 tailored routines with matching logs to keep your progress in check.
- **Daily Essentials:** Don't miss the 12 must-do daily stretches for a healthier, more flexible body.
- **Customizable Routines:** Create your ideal stretching plan with blank, customizable logs.

- **Easy Navigation:** Quickly jump to any section with internal links, making navigation a breeze.
- **Instant Access:** Download and start stretching today, whether on your PC, smartphone, or tablet.



Sample page



Sample page

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