

STRETCHING

CHEST



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



CHEST



CHEST & SHOULDERS



CHEST



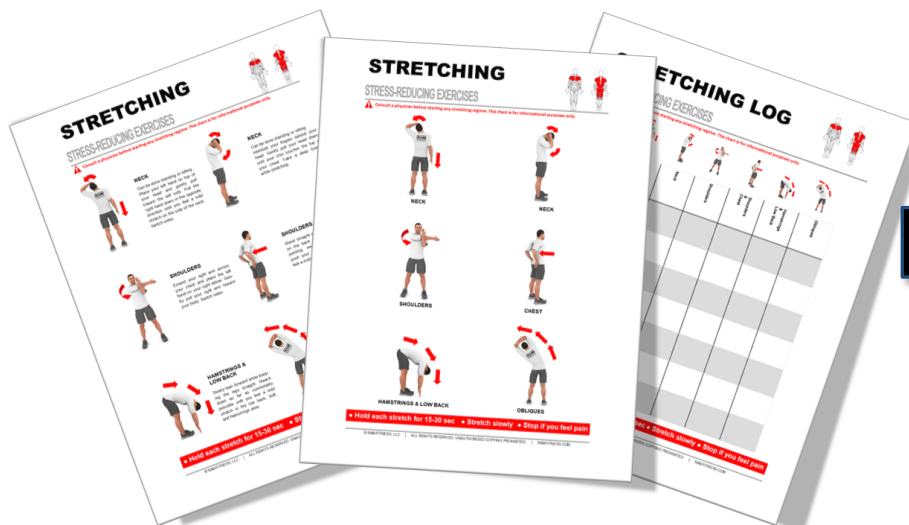
CHEST



CHEST & CORE

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

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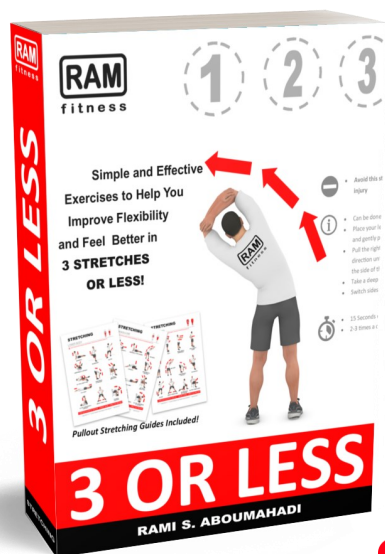
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