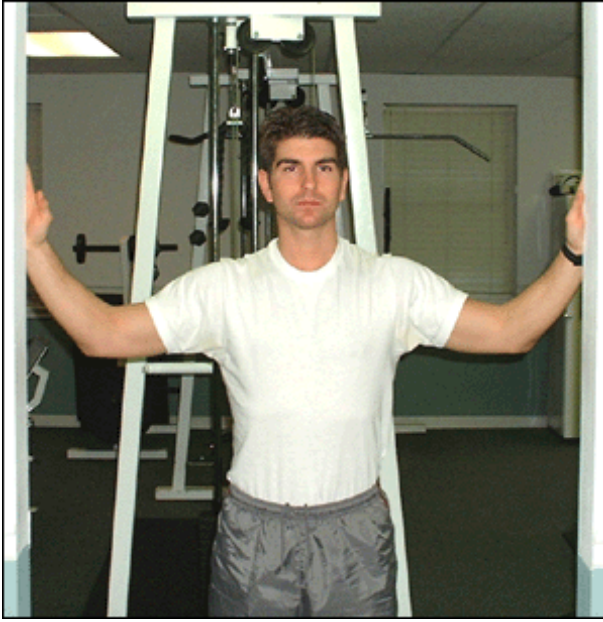


## Chest Stretch

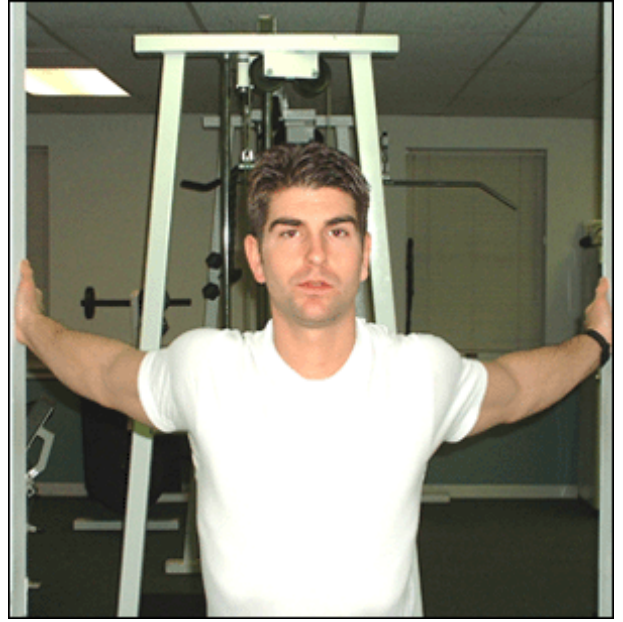
**Description:** Stretches the chest, bicep and forearms.

**Before:** Stand in a door way with shoulders even with door frame.

**After:** Step forward with one leg causing your entire body to go beyond the doorway while keeping your low back straight. Do not arch your lower back!



**Before**



**After**