

Exercise 6. Chest Stretch

This exercise helps to improve posture.

What do I need?

1 Chair



1. Sit Tall with a straight back and neck.
Place feet hip distance apart.
Rest hands on thighs.

2. Move hands towards the back of the chair.
Maintain a straight back and facing forward.



3. Lean slightly forward.
Squeeze shoulder blades together.
Return to neutral and repeat 4 times.