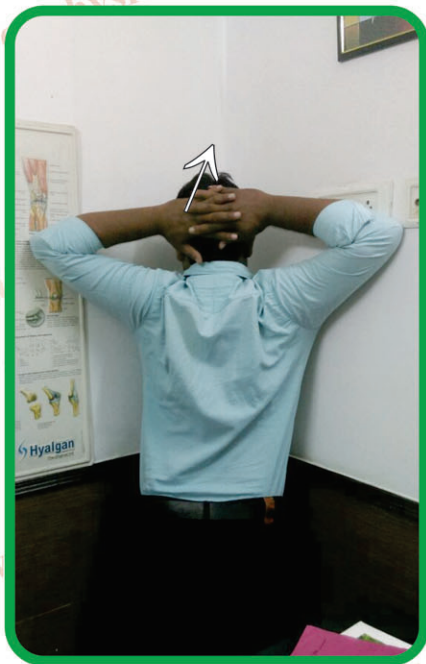




PECTORAL STRETCH



Pectoral stretch- while standing at the corner where two adjacent walls meet. With both the hands at the back of head, get closer to the corner and place the elbows on adjacent walls. Slowly move the upper trunk forward to feel the stretch on the front of chest.

Hold/ rep