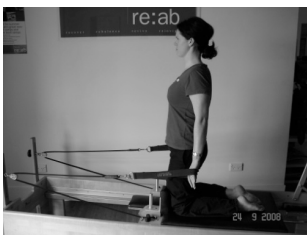


REFORMER CHEST EXPANSION



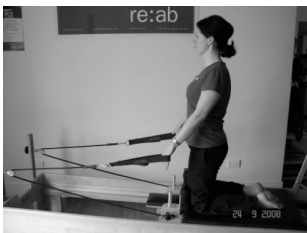
Starting Position

- Kneel facing the back of the reformer, with your knees against the shoulder rests and your body upright
- Hands in the straps, with your palms facing behind you



Movement

- Set your lower abdominal muscles and the muscles between your shoulder blades before you move your arms
- Exhale. Widen across your chest as you pull on the straps, taking your arms as far back as you can without compromising your upright alignment
- Inhale. Hold in this position and rotate your palms in towards your body



- Exhale. Keeping tension on the straps, very slowly bring your arms forward to the starting position
- Repeat 5 - 6 times

Notes:

- Maintain tension on the straps throughout the exercise
- Keep your shoulders and neck relaxed
- Use your abdominal muscles to keep your trunk stable throughout the movement
- Avoid letting your shoulders roll forward or your rib cage flaring