

FOAM ROLLER CHEST STRETCH



Starting Position

- Lie on your back on the foam roller, feet flat on the floor, knees bent
- Back in neutral spine and your neck long and relaxed



Stretch

- Lift your hands up off the floor, bending your arms and stretching your elbows, forearms and back of your hands towards the floor
- You will feel a stretch across your chest and in front of your shoulders
- Breathe normally while you maintain this Hold position
- Gradually relax further into the stretch

Notes:

- Maintain the stretch for as long as you feel comfortable