

# STRETCHING



CHEST

Learn to stretch any muscle group in 3 or less simple exercises. Part of the "3 OR LESS" Complete Stretching Guide.



WALL

## Instructions:

- Stand facing a flat sturdy surface (wall, door frame, etc.)
- Extend your left arm at shoulder level and place the palm fully on the surface (fingers will be pointing out)
- Slowly turn your entire body towards your right side while also looking towards the same direction
- Take a deep breath while stretching

## Instructions:

- Stand straight and place your hands on the back of your hips. Elbow pointing nearly backward
- Gently push your hands forward until you feel a mild stretch across your chest
- Take a deep breath while stretching



## Instructions:

- Place your hands by a door frame
- Bend your elbows
- Gently lean forward until you feel a mild stretch across your chest
- Take a deep breath while stretching

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

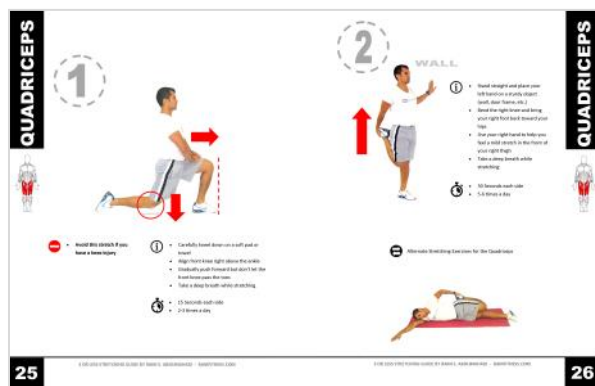


## 3 OR LESS eBook

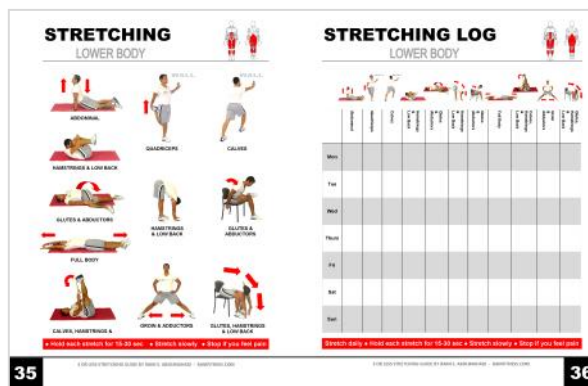
Stretching exercises and flexibility routines simplified!

Learn to stretch any muscle in 3 or less simple, easy-to-remember stretching exercises

- More Clear Pictures & Less Talk: Over 50 pages of clear stretching demonstrations and helpful tips.
- 4 Stretching routines with matching Logs to insure staying on track
- 12 Daily Special Stretches that no one should miss
- Blank Customizable Logs to help create the routine that best suits your goals
- Convenient eBook download. Available immediately and can be viewed on your PC, smart phone, or tablet.



Sample page



Sample page

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