



Chest Stretch Over Ball

Purpose:

This exercise helps increase the mobility in your upper spine and flexibility in your chest.

Benefit:

Promotes shoulder turn, and good upper spine posture.

Instructions:

Start by sitting on a Swiss ball and hold your arms up by your sides with your elbows bent to 90 degrees. Slowly walk yourself out on the ball until the ball is directly under your mid-back and your head is supported by the ball. From here, let your arms hang down and let gravity do its job. The higher you elevated your arms the bigger the stretch. Hold this position for the prescribed amount of time.

Quantity:

Hold _____ minutes/breaths _____ reps.

