



## Pec Stretch

### **3. Chest (Pectoralis Major) Stretch**

The Pec. muscle group is very strong and will easily overpower the weaker back muscles.

This is probably the single most important stretch for those needing to improve their posture from the rounded shoulder "slumped position."

- Begin with hand and elbow on wall or doorway.
- Step forward with the same foot and transfer weight onto front foot. Stand tall, keep torso from twisting.

