

# Stretch of the Month

## Pectoral Stretch

**To stretch your pecs:**

1. Stand up straight.
2. Bring your arm up to a wall or a door frame.
3. Use the wall to brace your arm and lean forward to feel a stretch in your chest.
4. Repeat for other side.



Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

