

TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 10-20 second static hold of this lunging thoracic stretch. Repeat on the other side.

Lunging Thoracic Stretch



How To:

1. Lunge forward with your left leg
2. Place your left hand on the floor beside your foot
3. Begin to rotate your upper torso
4. Reach your right arm above your shoulder towards the ceiling
5. Continue to breathe
6. Feel the stretch in mid-back & chest
7. Hold for 10-20 seconds
9. Slowly ease out of the stretch
10. Repeat on the other side