

Foam Roller Chest Stretch



Description: Lying face up on a foam roller with your head supported, bend arms to 90 degrees at both the shoulder and elbow joints. With palms facing the ceiling, relax your chest and allow your arms to lower towards the floor.

Sets/reps: Hold for 30 or more seconds.

Modifications: If bent arms is difficult, then straighten arms at elbow joint to reduce stretch.

Common Mistakes: Allowing head to hang over the end of the foam roller.

Target Muscles: Pectoralis major/minor.

****Tip:** Stretch until you feel mild discomfort rather than pain.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

