

# Chest/Abdominal/Back Stretches



## Chest Stretches (Pectorals, Serratus Anterior)

**Figure 1** – Pec doorframe stretch – Using a doorframe, place both arms on either side of the frame at 90° and lunge through with one leg to obtain a stretch in your chest. The pectorals are a large group of muscles and by changing the angle of the arms (**Figures 2 & 3**) you can change where you will feel the stretch in your chest.

**Figure 4** – One armed pec/serratus doorframe stretch – You can stretch one pec at a time by using one arm to hold onto the doorframe and turn away to increase the stretch in the chest. You can also include a neck stretch by turning your head away as well.

**Figure 5** – Serratus Anterior traction – You can either use a doorframe or something else (gym or playground equipment) to hold onto above your head. Bend your knees to take the weight out of your legs and to increase the traction into the arms and the ribcage on the side of the body. Make sure whatever you are gripping doesn't come down on your head when you start the traction. This stretch should simulate someone pulling on your arms above your head.

**Duration** – 2-3 minutes per stretch



## Abdominal Stretches

**Figure 6** – Ball extension – You will need a large exercise ball for this exercise. Lay on your back, making sure to support your neck on the ball, and reach your arms either above your head or out to the side.

**Figure 7** – Cobra pose – Support yourself on your elbows, making sure they are under your shoulders. Concentrate on pulling your chest forward which will increase the stretch in your abdominals.

**Figure 8** – Seal pose – With your hands slightly wider than your shoulders, push up unto your hands to increase the stretch into the abdominals.

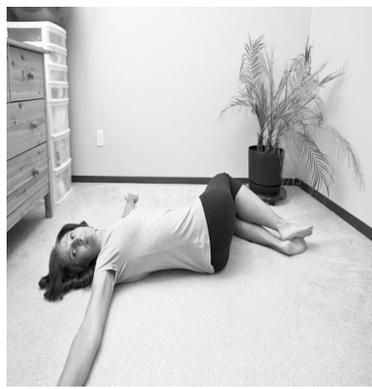
**Duration** – 2-3 minutes per stretch



9



10



11



12



13



14



15

### Back Stretches

**Figures 9 & 10** – Standing side stretch – Stand tall and stretch to one side and then the other. Stay in each stretch for up to 3 minutes.

**Figures 11 & 12** – Spinal twist – Lay on your back and bend your knees, allow your legs to fall to one side or the other. You may have to shift your upper body a little to allow your shoulders to lay flat on the ground. Turn your head to the opposite side. Stretch the other side.

**Figures 13 & 14** – Child's pose side stretch – Sit on your knees and spread them wide. Lean forward and then stretch your arms to either the left or the right. Stay in one position for up to 3 minutes and then stretch the other side.

**Figure 15** – Side stretch – Lay on your side and support yourself on your elbow, making sure it is under your shoulder. Allow your ribcage to sink down towards the ground.

**Duration** – 2-3 minutes per stretch