

Pec Doorway Stretch

- Find a doorway
- Place your forearm on the door frame at shoulder height
- Slowly step through doorway with opposite foot and lean forward keeping your body faced forward
- Return to original position
- Place forearm on door frame slightly lower than shoulder height and repeat process
- Return to original position
- Place forearm on door frame slightly higher than shoulder height and repeat process
- Repeat these three positions at least 3 times a day

Refer to this [video](#) to see it performed.