



Pec minor stretch

While standing tall, place your hands behind your back with interlocking hands. Roll your shoulders back and squeeze your shoulder blades together to feel a moderate stretch across the front of your chest and shoulders

**DO NOT JUT YOUR CHIN FORWARD.
MAINTAIN NORMAL NECK AND HEAD POSTURE**

Repeat 3 Times

Hold 10 Seconds

Perform As many times to keep your flexibility throughout the day.

FOR AT WORK AND HOME!
s) a Day