

Cobra torso and chest stretch

1. Lie on your stomach on the floor, placing your palms flat on the ground slightly wider than your shoulders
2. Look forward and press into the ground with your hands, gradually lifting your torso from the floor
3. Stop when you feel a good stretch through your torso and into your chest; concentrate on keeping your shoulders pressed down, away from your ears
4. Hold for 30 to 60 seconds

