

Wall-assisted chest, shoulder and bicep stretch

1. Stand perpendicular to an empty wall with your right shoulder facing the wall
2. Keeping your elbow straight, reach your right arm behind you and place your right palm flat against the wall; your arm should be nearly parallel to the floor
3. Slowly edge your body closer to the wall until you feel a good stretch across your chest, the front of your shoulder and your bicep
4. Hold the stretch for 30 seconds before switching sides

