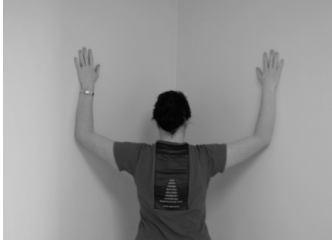


CORNER STRETCH



Starting Position

- Stand facing a corner
- Place one arm on each wall with your elbows level with your shoulders

Movement

- Exhale. Slowly lean forward into the corner
- Keep your knees straight and feet flat on the floor
- The closer you get to the corner the more stretch you will feel in your chest
- Inhale. Hold the stretch then rest back to the starting position
- Exhale move forward into the stretch again
- Repeat 5 times

Notes:

- To increase the challenge move your feet further away from the corner