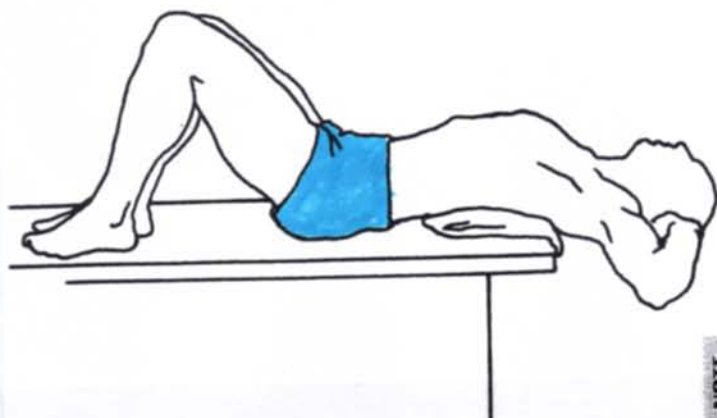


PECTORALS

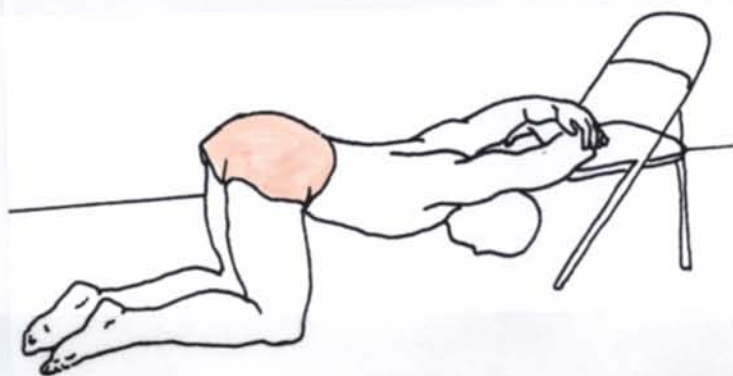
248



- Lie on a table with a folded blanket under your upper back, your legs flexed, your upper torso hanging over the edge, and your hands interlocked behind your head.
- Exhale and lower your head and shoulders toward the floor.

NOTE Keep your neck extended and your elbows abducted. Also, if necessary, a partner can anchor your feet.

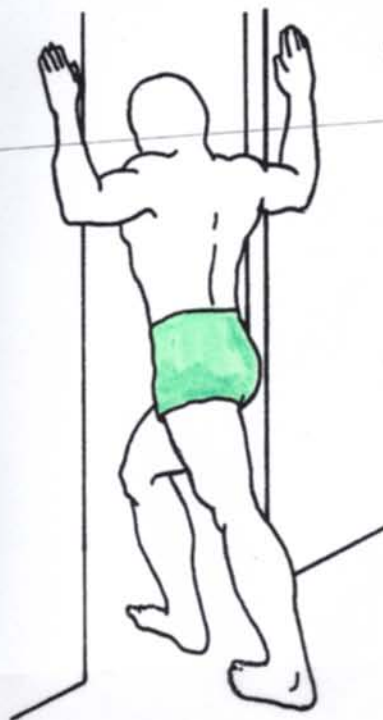
250



- Kneel on the floor facing a barre or chair.
- Interlock your forearms above your head and bend forward to rest them on top of the barre or chair, with your head dropping beneath the surface. Exhale and let your head and chest sink to the floor.

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- Stand facing a corner or open doorway.
- Raise your elbows to shoulder height at your sides, bend your elbows so that your forearms point straight up, and place your palms against the walls or door frame to stretch the sternal section of the pectoral muscles on both sides. This position will form the letter *T*.
- Exhale and lean your entire body forward.



BEST