

CHEST STRENGTHENING EXERCISES

LYING FLYES

YOU SHOULD FEEL THIS EXERCISE IN YOUR MIDDLE WIDE CHEST

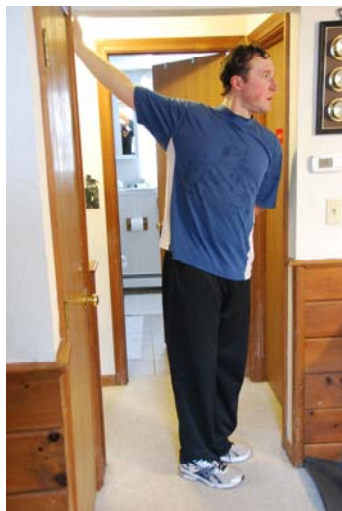
- Lie on your back with feet up on bench and do a pelvic tilt
- Now raise your hands toward the ceiling with a dumbbell in each hand and palms face each other
- Bring hands out to the side as wide as you can and round and un-round your shoulders off of the bench
- Exhale as you round your shoulders and squeeze your chest
- Find a range of motion rounding and un-rounding where you can feel your chest and arms stay the tightest

10 POUND DUMBBELLS – 2 SETS – 10 REPETITIONS



CHEST STRETCH

- Stand perpendicular to a wall with right hand up against the inside of a door jamb
- Now turn your feet toward the left
- Put your right hand gently behind your back
- Turn your head to the right
- Hold for 30 seconds - **SWITCH**



Please consult your doctor before beginning this or any other wellness program
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