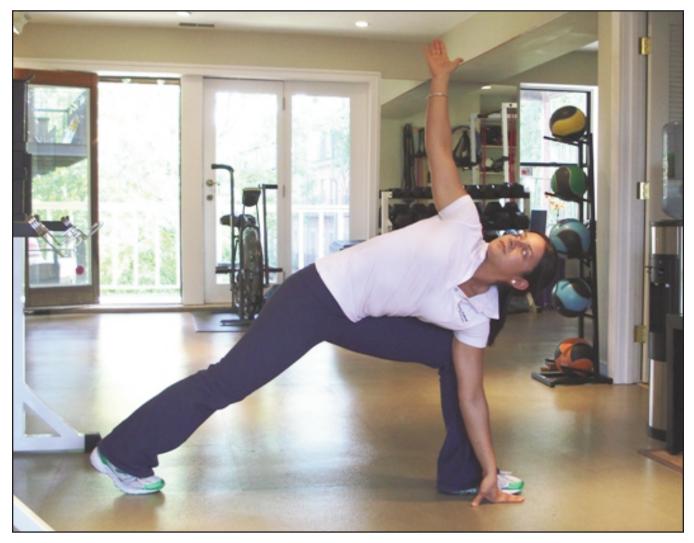
TTT Stretch of the Month

Review the following guidelines to learn the proper technique for safely completing your stretch.

Complete a 10-20 second static hold of this lunging thoracic stretch. Repeat on the other side.

Lunging Thoracic Stretch



How To:

- 1. Lunge forward with your left leg
- 2. Place your left hand on the floor beside your foot
- 3. Begin to rotate your upper torso
- 4. Reach your right arm above your shoulder towards the ceiling
- 5. Continue to breathe
- 6. Feel the stretch in mid-back & chest
- 7. Hold for 10-20 seconds
- 9. Slowly ease out of the stretch
- 10. Repeat on the other side