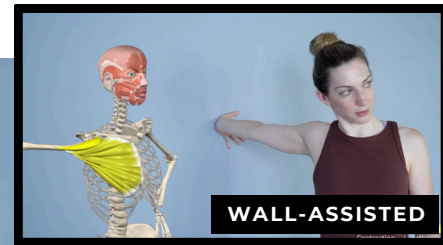


Stay Fit For Good

NEWSLETTER

May 9th, 2025



The Chest Stretch - The Simple Stretch That Unlocks More Than Just Muscle

In the pursuit of better posture, stronger performance, and reduced tension, there's a stretch that often flies under the radar—until now. Chest and anterior shoulder stretches aren't just about flexibility; they're about unlocking deeper muscular balance that affects everything from breathing to biomechanics. Let's take a closer look at three powerful stretches that target the front side of your upper body—and why they matter to giving your posture the boost you've been wanting.

1. Wall-Assisted Anterior Shoulder & Chest Stretch

This stretch targets the pectoralis major and anterior deltoid, two muscles responsible for the internal rotation and forward rounding of the shoulder. By externally rotating the arm against a stable surface and rotating the torso away, this stretch creates a powerful opening through the anterior shoulder girdle.

The pectoralis major, especially when shortened from overuse (think: push-ups, desk work, or driving), can pull the shoulders forward, contributing to kyphotic (rounded) posture. This stretch encourages a lengthened resting state, allowing the shoulder blades to sit more naturally against the ribcage.

2. Floor-Based Stretch for Pectoralis, Biceps Brachii & Anterior Deltoid

Leaning back with arms extended behind you activates a synergistic stretch across several anterior chain muscles: pectoralis major and minor, anterior deltoid, and biceps brachii. These muscles all connect the shoulder and arm to the front of the torso, and when tight, they limit thoracic extension and scapular retraction.



with Finger Interlock

By interlocking the fingers behind the back and extending the shoulders with straight elbows, this stretch emphasizes shoulder extension and a deep opening of the pectoralis major, biceps brachii, and anterior deltoid. Maintaining a tall spine ensures proper alignment and increases the effectiveness of the stretch.

UPCOMING CLASSES:

SATURDAYS

MAY 5TH - 9:30-10:30

MAY 10TH - 9:30-10:30

MAY 17TH - 9:30-10:30

MAY 31ST - 9:30-10:30

THURSDAYS

MAY 8TH - 9:00-10:00

MAY 22ND - 9:00-10:00

Why These Stretches Matter

- Improve posture by opening tight chest and shoulder muscles
- Relieve tension in the neck and upper back
- Support deeper, more efficient breathing
- Enhance upper body mobility and alignment
- Boost daily function and reduce risk of injury

Incorporate these stretches into your routine at least twice a week—your posture, performance, and peace of mind will thank you.

And don't forget to breathe!

Subra Carter