

Door Jam Stretches

Shoulder & Pec Region

♥ Improve Posture ♥ Increase Flexibility ♥ Release Tension

These gentle stretches can help open the chest and shoulders, improve posture, reduce tightness, and relieve tension in the upper body.

Gentle Stretches for a Healthier, Happier You!

1 Low Pec Stretch (Chest Opener)



- Place your forearm on the door frame at waist height.
- Step forward gently until you feel a stretch in your chest and front of the shoulder.
- Keep your shoulders relaxed.
- Hold for 20–30 seconds.
- Repeat 2–3 times per side.

Hold 20–30 Seconds
Each Side

2 Mid Pec Stretch (Chest & Shoulder)



- Place your forearm on the door frame at shoulder height.
- Step forward gently until you feel a stretch in your chest and front of the shoulder.
- Keep your shoulders relaxed and down.
- Hold for 20–30 seconds.
- Repeat 2–3 times per side.

Hold 20–30 Seconds
Each Side

3 High Pec Stretch (Upper Chest & Shoulder)



- Place your forearm on the door frame above shoulder height.
- Step forward gently until you feel a stretch in your chest and front of the shoulder.
- Keep your shoulders relaxed and down.
- Hold for 20–30 seconds.
- Repeat 2–3 times per side.

Hold 20–30 Seconds
Each Side

4 Gentle Pec Opener (Both Sides)



- Place your hands or forearms on both sides of the door frame at shoulder height.
- Gently step forward and keep your chest open.
- Feel a stretch across your chest and shoulders.
- Hold for 20–30 seconds.
- Repeat 2–3 times.

Hold 20–30 Seconds

Relax Your Shoulders. Breathe. Feel the Difference.

Walking the Wall

SHOULDER & PEC STRETCH

♥ Improve Posture ♥ Increase Flexibility ♥ Release Tension

Gentle Movement for a Healthier, Happier You!

This gentle stretch helps open the chest and shoulders, improve posture, and increase upper body flexibility.

1 Starting Position



- Stand facing a wall about arm's length away.
- Place your forearms and hands on the wall at shoulder height.
- Keep your core engaged and your back straight.
- Relax your shoulders.

2 Slide Up



- Slowly slide your arms up the wall as high as is comfortable.
- Keep your hands and forearms in contact with the wall.
- Avoid shrugging your shoulders.
- Move slowly and breathe deeply.

3 Feel the Stretch



- Feel a gentle stretch across your chest and shoulders.
- Keep your ribs down and your core engaged.
- Breathe deeply and relax into the stretch.
- Hold for 15–30 seconds.

4 Walk Back Down



- Slowly walk your hands and forearms back down the wall to the starting position.
- Keep your movements smooth and controlled.
- Maintain good posture throughout.
- Repeat 2–3 times.

5 Variation: Hold at Different Heights



- Try holding the stretch at different heights to target various areas of the chest and shoulders.
- You can also move your arms slightly wider or narrower.
- Hold each position for 15–30 seconds.
- Repeat 2–3 times.

Open Your Chest. Stand Taller. Move Better.