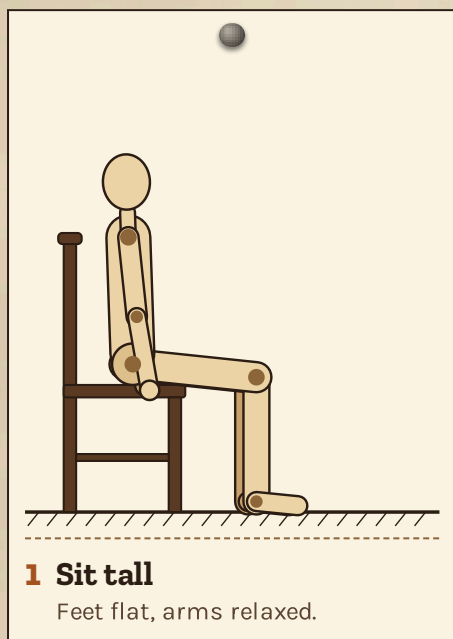


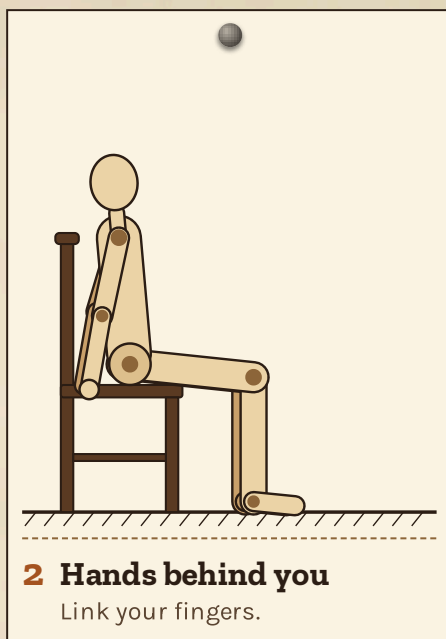


Seated chest opener

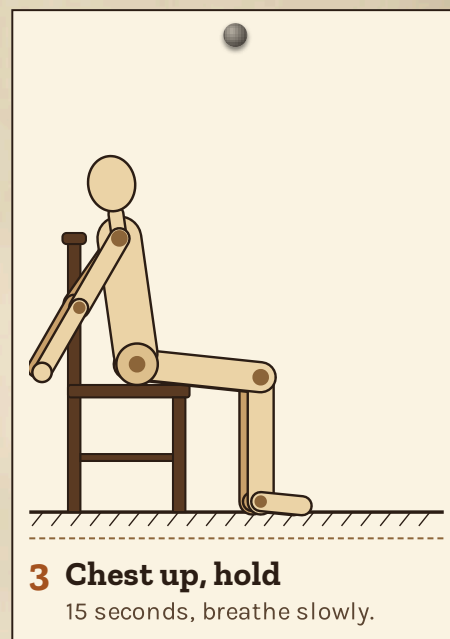
Opens up a tight chest and rounded shoulders from bending over work all day. Sit tall and let your chest lift.

**1 Sit tall**

Feet flat, arms relaxed.

**2 Hands behind you**

Link your fingers.

**3 Chest up, hold**

15 seconds, breathe slowly.

The beat Hold for 15 seconds, breathing slowly. Relax, then repeat 3 times.

How to do it

1. Sit tall near the front of a sturdy chair, feet flat.
2. Reach both hands behind you and link your fingers, or hold the sides of the seat behind you.
3. Draw your shoulders back and down and let your chest lift.
4. Hold for 15 seconds, looking straight ahead and breathing slowly.
5. Relax your arms, then repeat.

Make it fit you

Easier

Just hold the sides of the seat and lift your chest.

Harder

Gently lift your linked hands a little away from your back.

Shoulders

Only go as far as is comfortable. Any pinching, ease off.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/seated-chest-opener/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.