

# BodyRelax

*- giv din krop en chance...*

## PECTORALIS MINOR

### Instructions

#### Preparation

Stand at end of wall or in doorway facing perpendicular to wall. Place front of shoulder and inside of bent arm on surface of wall. Position bent elbow around the same height of shoulder. Position both feet back behind original stance.

#### Execution

Lean into wall allowing shoulder to be pushed back. Turn body away from positioned arm. Hold stretch. Repeat with opposite arm.

