

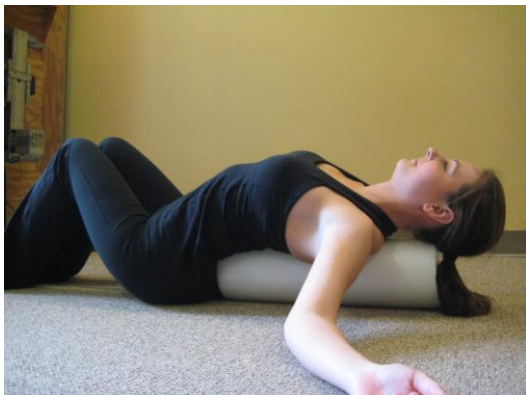
Dynamic CHIROPRACTIC CLINIC

Better Health in Motion

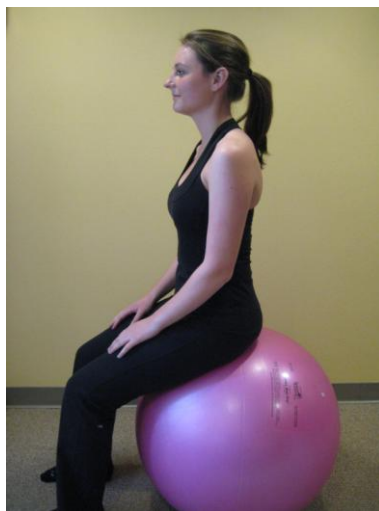
Ball and Foam Roller Pec Stretch

Instructions: Duration 1 minute. ROLLER: Begin by lying longitudinally on the roller. Allow your arms to fall away from your body. Hold this position for 30 seconds. BALL: Sitting on the ball, walk your feet forward, lying back on the ball as you do. Allow your arms to fall by the side, hold this position.

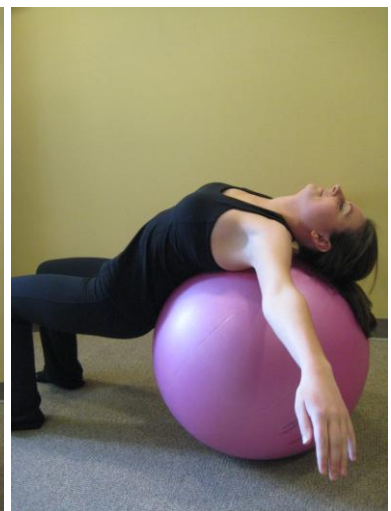
Repeat often, every day.



1.



2.



3.

STRETCHING TAKES TIME. DOING AN EXERCISE ONCE A MONTH DOES NOT WORK!

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