Title: Foam Roller Chest Opener Stretch

Primary Muscle Groups: Chest

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place a foam roller on a padded surface. Sit in front of the roller with your back to it. Carefully position yourself at the bottom of the foam roller and slowly lie back.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Once your spine has been laid out the length of the roller, bring your feet in towards the bottom.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Extend your arms to the sides. You will feel your chest open and stretch. If you feel comfortable enough, move the foam roller under you slowly from side to side.</span></li>

</ol>