Title: Shoulder Pole / Broomstick Stretch

Primary Muscle Groups: Shoulders

Secondary Muscle Groups: Chest

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Standing with your feet at shoulder-width, toes pointing out, hold a pole/pvc pipe/broomstick in front of you. You can also do this stretch with a towel.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Make sure to brace your core before you lift the pole above your head in an arc motion. Keep the arms completely straight throughout.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly move the pole behind you, focusing the stretch in the shoulders. Hold the stretch for the specified amount of time then slowly return to the starting position.</span></li>

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