Title: Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary Muscle Groups: Chest

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li>Stand tall and place your hands together with your arms extended straight out in front of you.</li>

<li>Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.</li>

<li>Return the arms to the starting position, extended in front of you.</li>

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