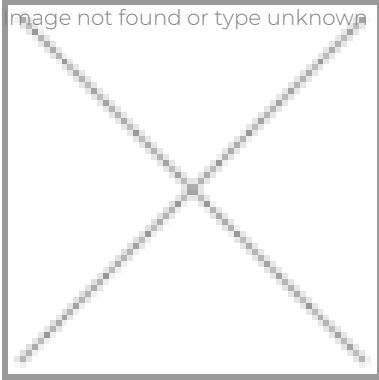


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# INSTRUCTIONS

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## OPEN BOOK STRETCH

**CATEGORIES:** Flexibility, Warm Up

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/open-book-stretch/>

Chest

Shoulders

Upper Body



### STEPS:

- Start lying on your back.
- Bring your left knee in towards your chest and cross it over your right leg until your left inner knee is on the ground.
- Roll onto your right shoulder and bring your arms straight out until your palms touch.
- Leaving your lower body where it is, lift your left arm behind you creating a T with your upper body. Let your head follow your arm for a deeper stretch.
- Hold for a beat.
- Return your left arm to meet your right.
- Repeat 10 times and then switch sides.

[+] Add a yoga block under your knee and head to alleviate stress on the joints.