



THE HOUSE OF
**NATURAL
HEALTH**

89 Zillman Road Hendra
Phone: 07 3268 2142
info@houseofnaturalhealth.com.au
ABN: 23 150 767 005

Bicep Stretch.

Place your arm straight against a wall, with your palm facing the wall.

With your body close to the wall, slowly turn your body away from it, keeping the arm and bicep in contact with the wall.

This is an excellent stretch for the biceps and chest muscles, and will help prevent your muscles becoming sore after training.

