



Robyn Dey RMT
Massage Therapy

Standing Biceps Brachii Stretch



Instructions:

1. Always warm your muscles before exercising.
2. Stand with your arms resting on top of a counter or table top or back of a chair with your elbows straight and palms facing up.
3. Then lower your body allowing the front of your arms to go into a stretch. Breathe out as you increase the stretch.

RobynDeyRMT.com