

Forum:[Hack Forums](#)

Thread: [Good Morning Stretching Exercise For Fitness](#)

Mahendra_kumar - February 5, 2016, 11:06 pm

This exercise stretches and lengthens the thoracic and cervical spine.

1-Stand straight with back to the wall and feet flat on the floor. Your feet should be about 24 inches away from the wall on the first time you perform this exercise.

2-On the following days, increase your distance from the wall 3 additional inches each time.

3-Stretch the arms forward, upward, and then backwards over your head until your fingers touch the wall, move a few more inches away from the wall.

4-You should have to stretch your body to enable you to touch the wall.

5-After your fingers achieve contact with the wall, return to the original positions by bringing the arms back over the head and then down.

6-Repeat this exercise 7 times.

7-Keep a careful record of the distance from the wall the last time you performed this exercise so you can increase this distance by 3 inches each different day you perform it.

shreder - February 6, 2016, 1:30 am

I know the first one is great for spine and people who hunch their backs alot.

Grimzyy - February 6, 2016, 5:32 am

Never stretched before a workout, I just do alot of warm up sets to stimulate the muscles.