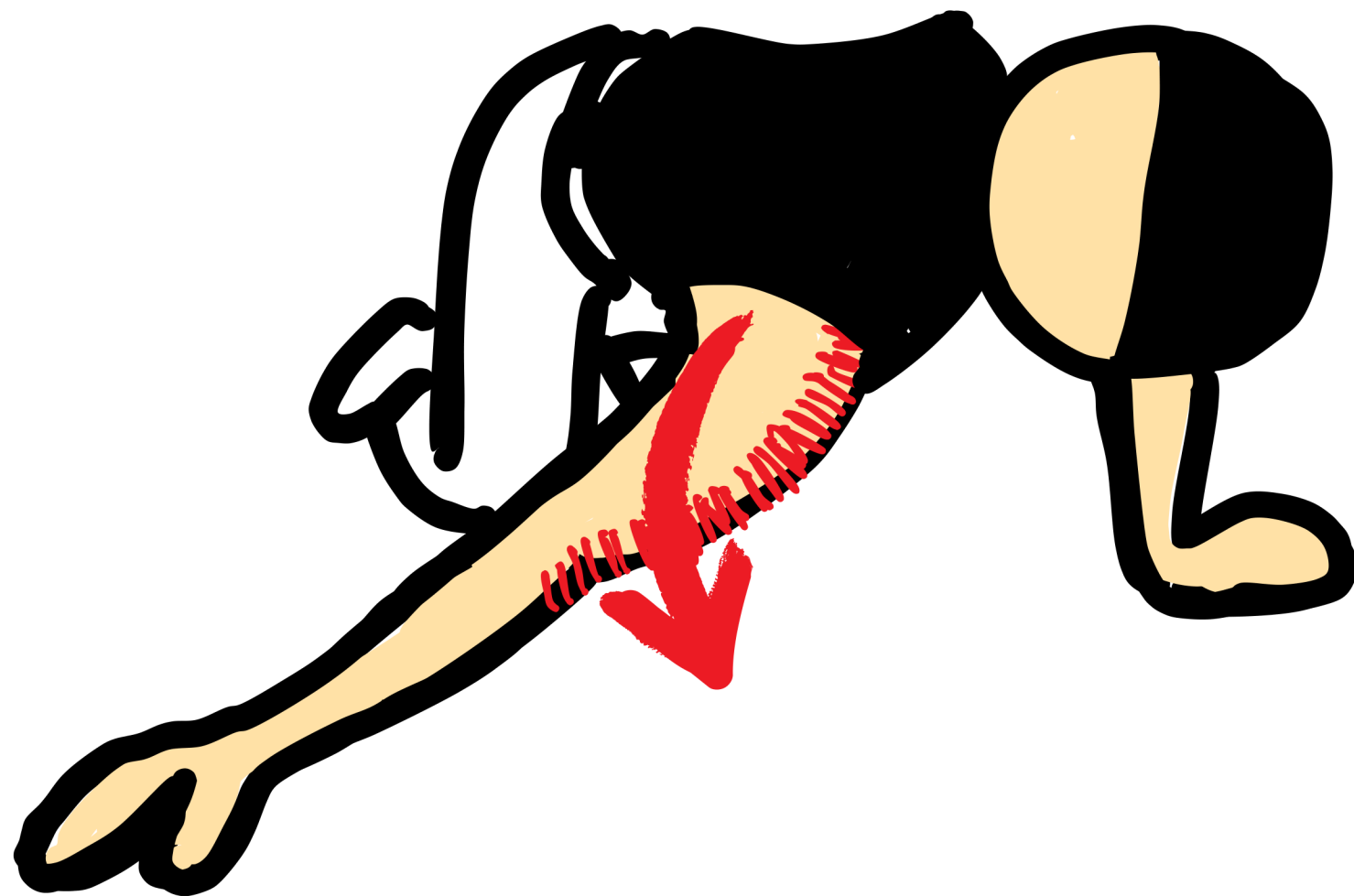


YOKOHAMA BASEBALL—9

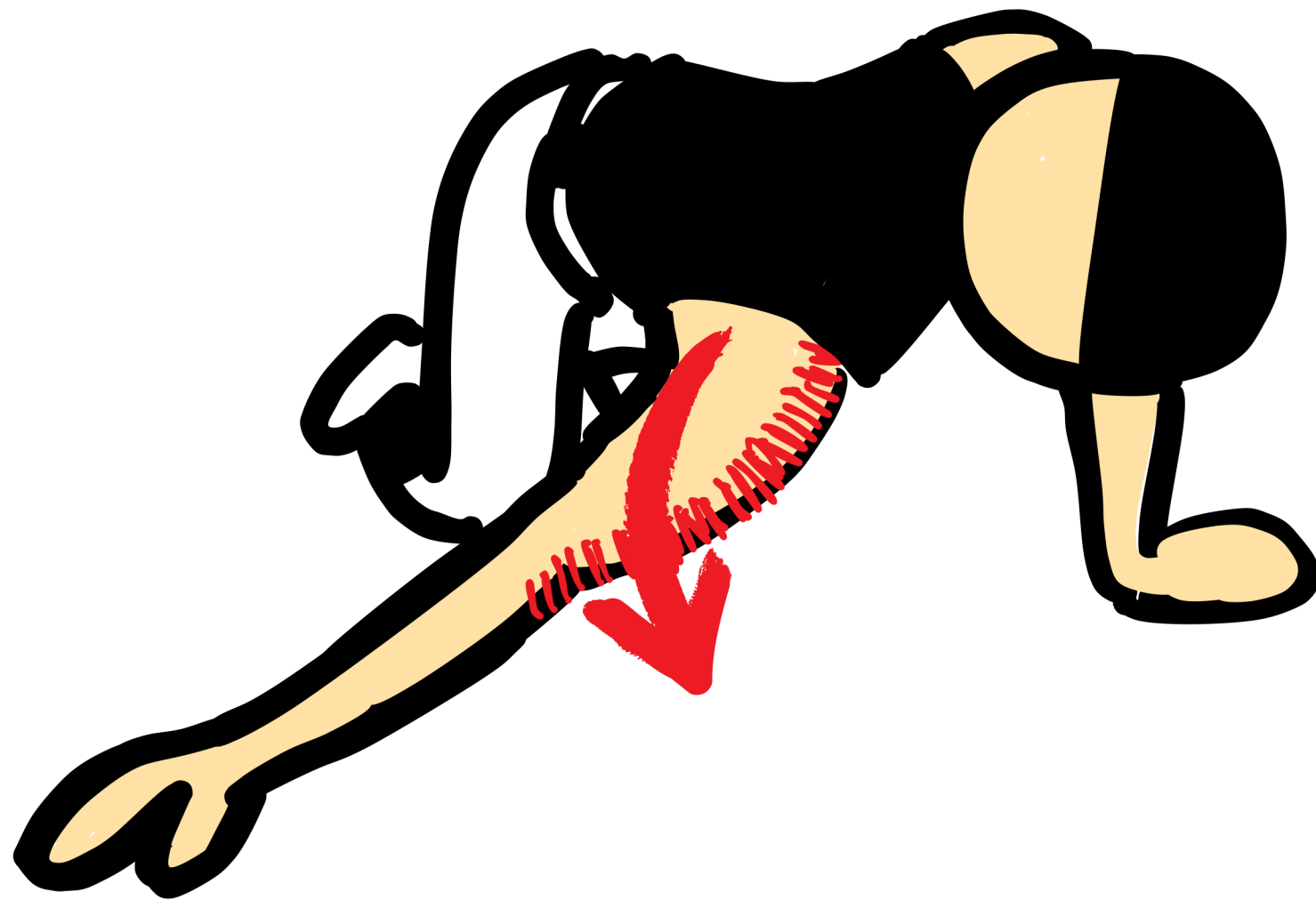
前胸部のストレッチ

よつばいになり、斜め前に手をつく
そのまま、肩を地面に近づけ体重をかける



YOKOHAMABASEBALL—9

- Chest stretch



- **Start on all fours with your hands shoulder-width apart and your knees hip-width apart.**
- **Step one hand forward and diagonally, keeping your back straight. Slowly lower your shoulder towards the ground until you feel a stretch in your chest.**
- **Hold for 10 seconds, then return to the starting position. Repeat on the other side.**