

Prone Sternum Lift (Chest Opener) Exercise

Performing the sternum lift exercise on the floor, often referred to as the "prone sternum lift" or "chest opener," offers additional benefits, especially in terms of stretching and opening the chest, shoulders, and front of the body when compared to the Standing Sternal Lift. This variation is particularly useful for improving strength and addressing postural issues. It is a more strenuous exercise compared to the standing version. Here's how to perform the prone sternum lift exercise:

Prone Sternum Lift (Chest Opener) Exercise:

- Start by lying face down on the floor or a yoga mat. Extend your legs fully and place your forehead on the ground. Keep your arms alongside your body with your palms facing up.
- Inhale deeply through your nose, focusing on expanding your chest as you breathe in.
- As you inhale, gently lift your chest and upper body off the ground. Keep your hips and lower body grounded. Use the strength of your back and upper shoulder muscles to perform the lift. Your arms will naturally lift off the ground as you raise your chest.
- Continue to breathe steadily as you maintain the lifted position for a couple seconds. Feel the stretch and expansion in your chest and front body.
- Exhale slowly and lower your upper body back to the ground, returning to the starting position.
- Repeat this movement for several breaths, gradually increasing the lift and the duration as your flexibility improves.



More Details: Benefits of the Prone Sternum Lift (Chest Opener) on the Floor:

- **Enhanced Chest and Shoulder Stretch:** This variation provides a deep stretch for the chest, shoulders, and front of the body. It helps release tension in these areas, making it particularly useful for individuals with tight chest muscles.
- **Improved Posture:** By opening the chest and encouraging an upright upper body position, the prone sternum lift complements efforts to correct rounded shoulders and promote better posture.
- **Counteracts Hunching:** It counteracts the effects of prolonged hunching or sitting in front of a computer, which can lead to rounded shoulders and restricted chest muscles.
- **Stress Reduction:** The stretch and opening of the chest can promote relaxation and reduce tension in the upper body, helping to alleviate stress.
- **Enhanced Flexibility:** Consistent practice can improve flexibility in the chest and shoulders, contributing to better range of motion in the upper body.
- **Complements Backbending Sequences:** In yoga, this exercise is often integrated into backbending sequences and heart-opening poses, enhancing overall flexibility and balance.

As with any exercise, it's important to perform the prone sternum lift mindfully and within your comfortable range of motion. If you have any pre-existing medical conditions or concerns about your ability to do this exercise, consult with a healthcare professional or an experienced yoga instructor for guidance. They can provide modifications or adjustments tailored to your needs and ensure that the exercise is performed safely and effectively.

