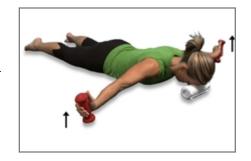
Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 5s

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 5s



1: Resisted Extension with Weights in Prone

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD RAISE THE ARMS
- BEHIND YOUR BODY IN A COMFORTABLE RANGE OF MOTION.



2: Scapular T's with Weights in Prone

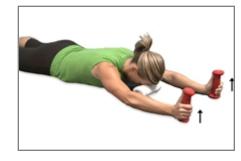
- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD KEEP THE ARMS
- STRAIGHT OUT AND LIFT THEM WHILE PINCHING THE SHOULDER BLADES TOGETHER

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 5s



3: Scapular W's in Prone (Palms Down)

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD
- BEND YOUR ELBOWS 90 DEGREES AS ILLUSTRATED.
- LIFT YOUR ARMS WHILE PINCHING YOUR SHOULDER BLADES TOGETHER



4: Scapular Y's with Weights in Prone

- LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD RAISE YOUR
- ARMS UP OFF THE GROUND THROUGH A COMFORTABLE RANGE OF MOTION.

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 5s



5: Row Unilateral with Hip Hinge

- BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND IF NEEDED.
- LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOUR WERE PERFORMING A SAWING MOVEMENT.

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 5s

Created By: on 7/31/2014