

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Seated Cervical Retraction

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin sitting in an upright position with your feet flat on the floor.

Movement

Gently draw your chin in, while keeping your eyes fixed on something in front of you.

Tip

Make sure that you do not look down as you do this exercise, or bend your neck forward.



Prone Scapular Retraction Arms at Side

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying face down with arms resting on the ground straight to your sides.

Movement

Lift your arms toward the ceiling keeping your elbows straight.

Tip

Think of squeezing your shoulder blades together as you lift your arms.



Prone Shoulder Extension

REPS: 10 | SETS: 3 | HOLD: 5

Setup

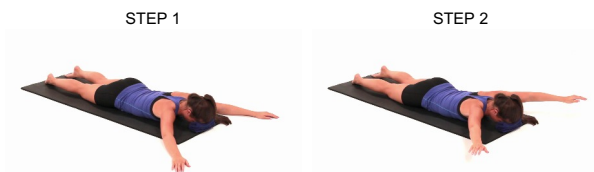
Begin lying face down with your arms resting at your sides and your hands in fists, palms facing inward.

Movement

Raise your arms off the ground as far as you can, keeping your elbows straight, then lower them back down and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Make sure not to arch your back as you lift your arms.



Prone Scapular Retraction Y

REPS: 10 | SETS: 3 | HOLD: 3

Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



Push Up with Trunk Rotation

REPS: 10 | SETS: 3 | HOLD: 3

Setup

Begin on all fours with your hands slightly wider than shoulder width apart, then lift yourself into a plank position.

Movement

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then push yourself back up. At the top of the position, rotate your body into a side plank and reach one arm upward. Lower back down to the starting position, then repeat the exercise in the other direction.

Tip

Make to keep your back straight during the exercise.