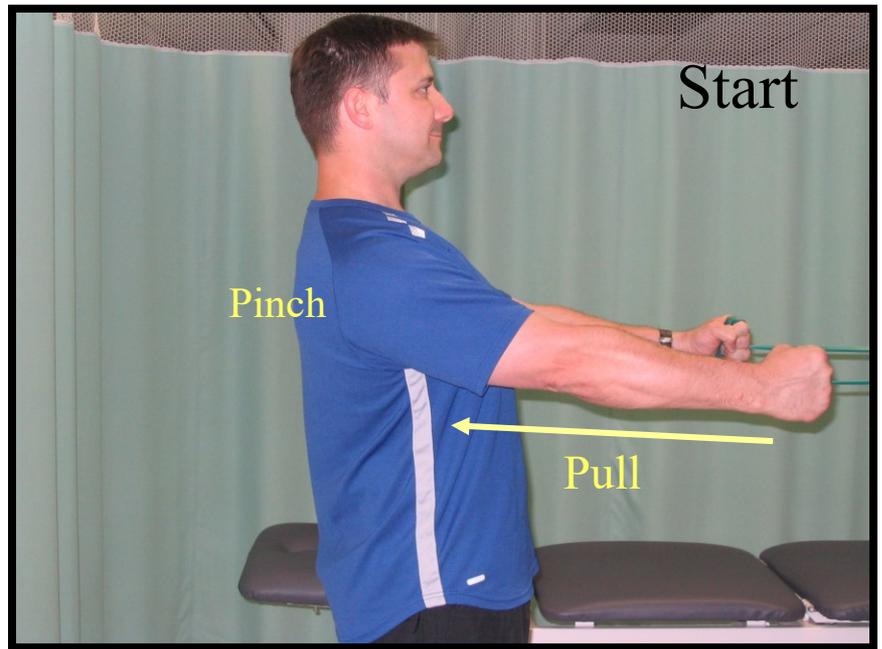
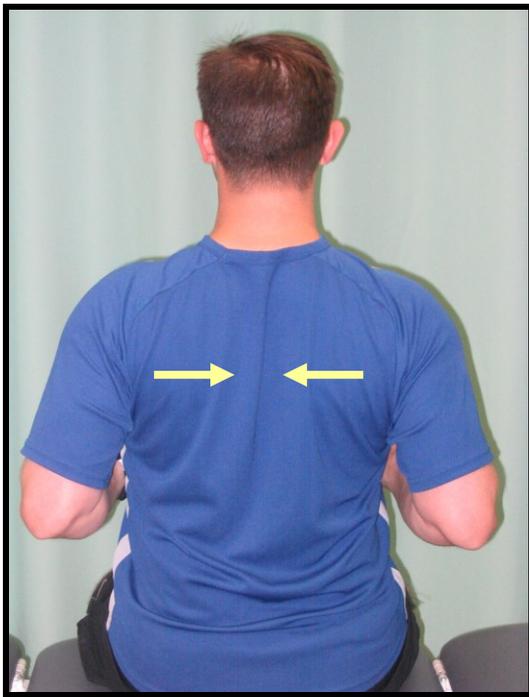
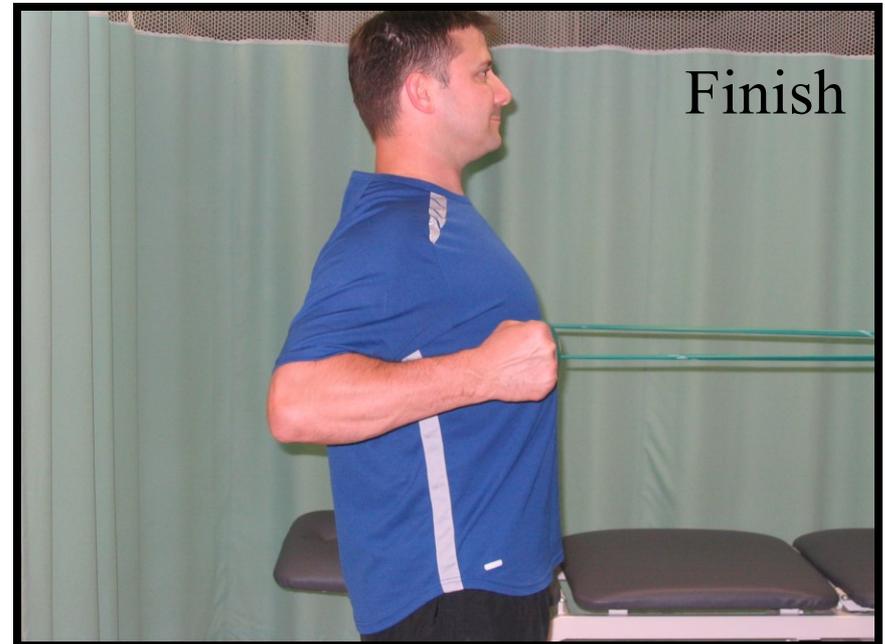


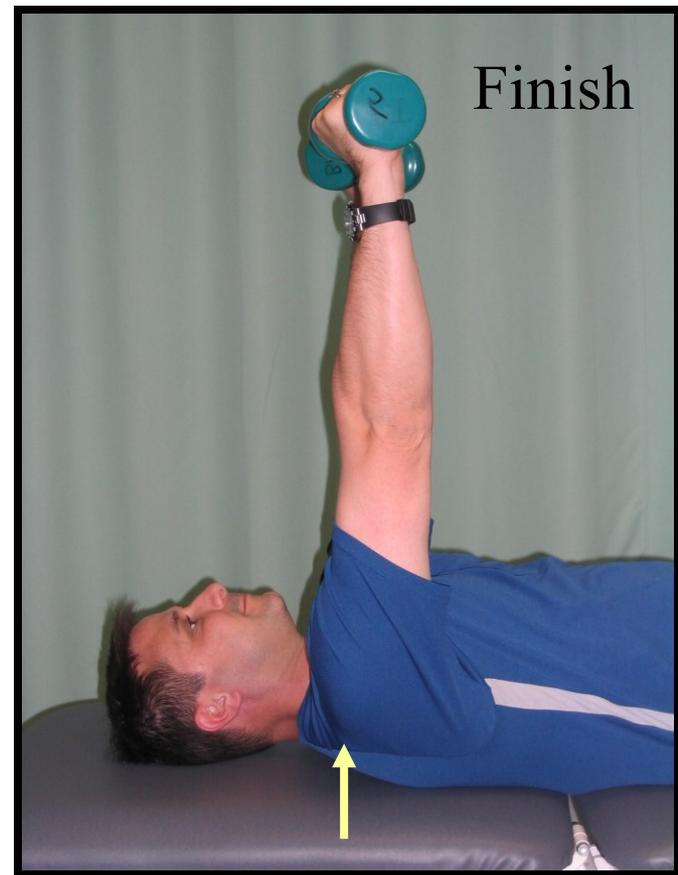
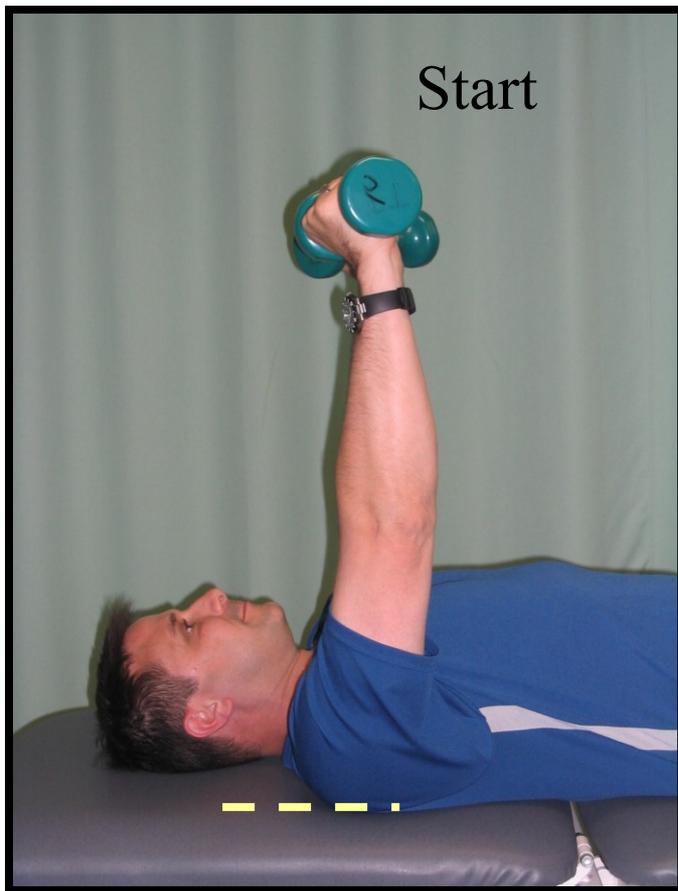
## Rows



- Movement is initiated with a shoulder-blade pinch...then a pull.
- With good posture, pull arms directly towards chest
- Finish with wrists straight and hands against chest.

3 sets x 10 reps 1/day

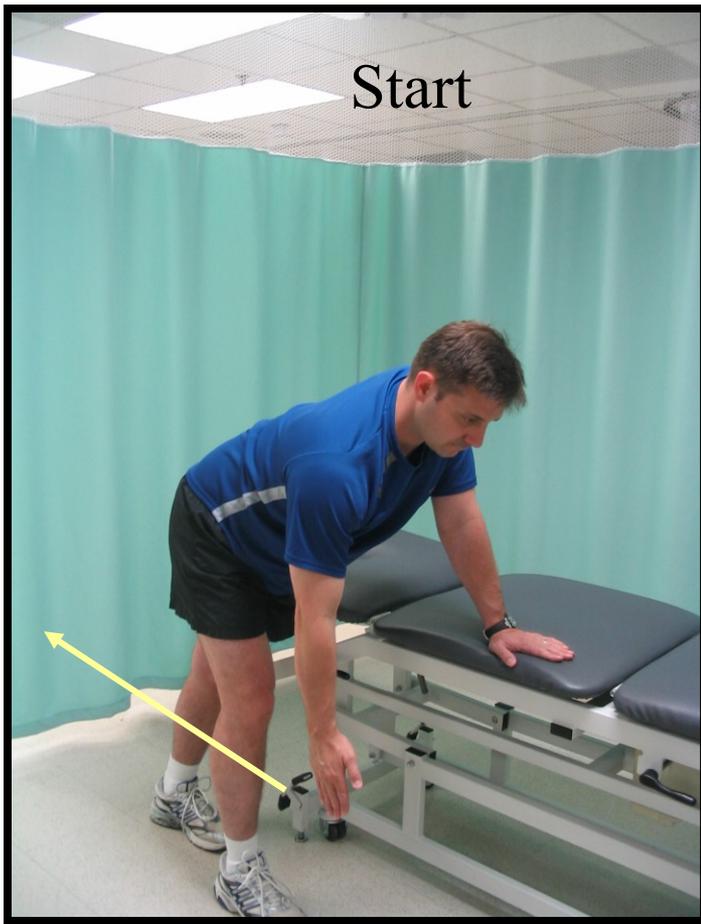




## Shoulder Protraction

- Begin with shoulders resting flat on table and arms straight.
- Keeping arms straight, press shoulders forward and focus on feeling your shoulderblades moving forward.

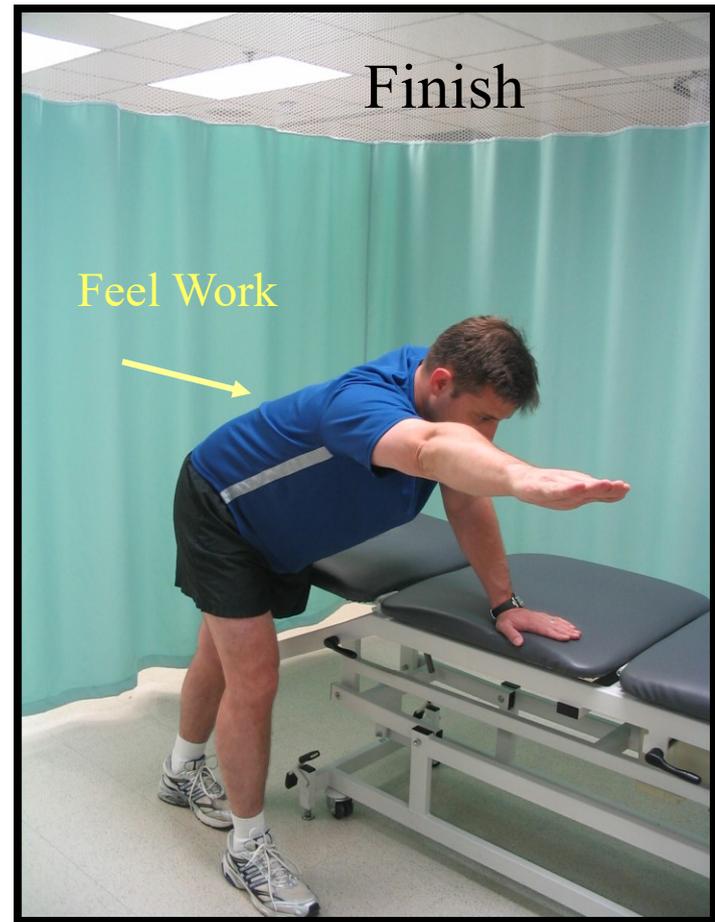
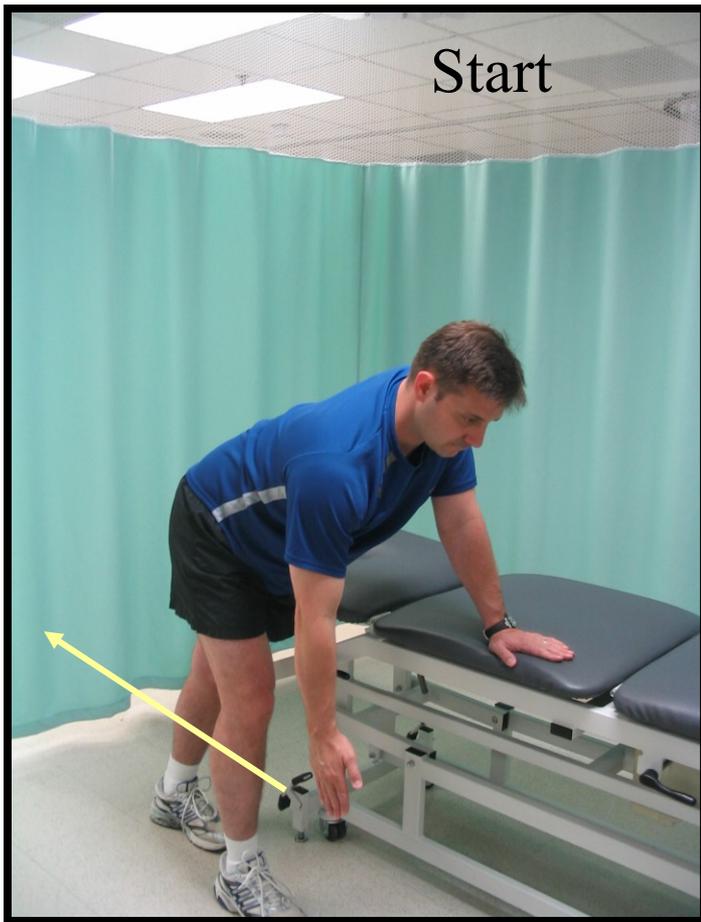
\_\_\_\_\_ sets x \_\_\_\_\_ reps \_\_\_\_\_ /day



## Middle Trap Raise

- With a straight back, lean against a support.
- Keep arm straight and lift to horizontal slowly.

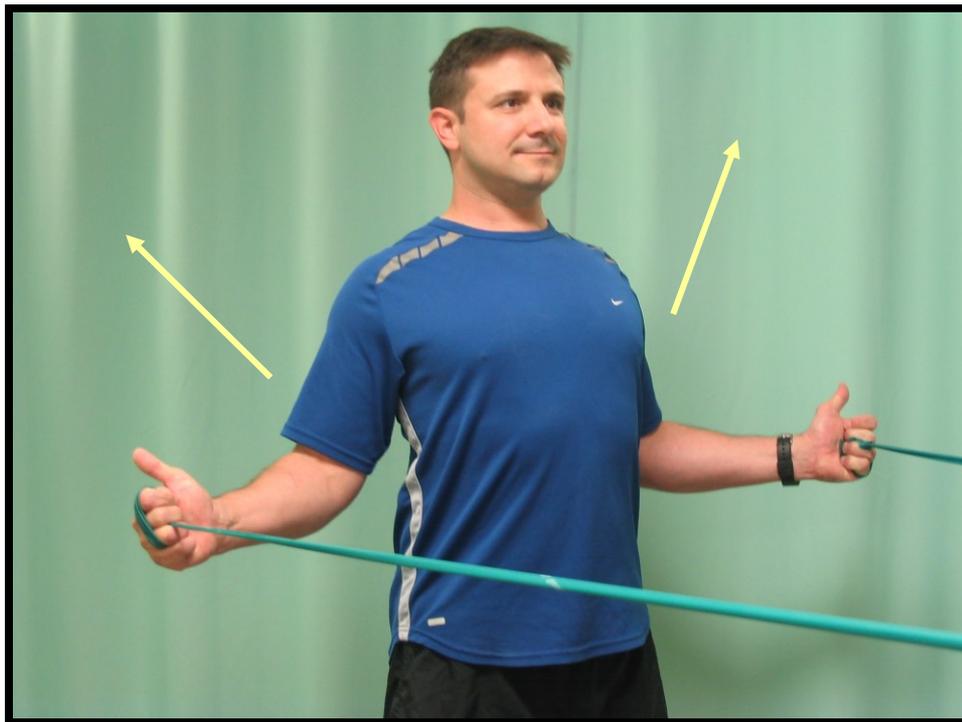
\_\_\_\_\_ sets x \_\_\_\_\_ reps \_\_\_\_\_ /day



## Lower Trap Raise

- With a straight back, lean against a support.
- Keep arm straight and lift to horizontal slowly at forward angle shown.

\_\_\_\_\_ sets x \_\_\_\_\_ reps \_\_\_\_\_ /day



## Row with External Rotation (Advanced)

- With good posture, perform a shoulderblade pinch.
- Perform row and externally rotate arms in thumb-up position.
- Should feel work to entire back groups.

\_\_\_\_\_ sets x \_\_\_\_\_ reps \_\_\_\_\_ /day