



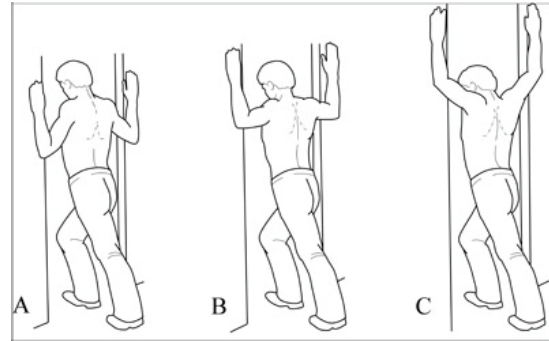
UPPER TRAP STRETCH

- Sit on right hand, and sit up tall
- Sidebend neck by bringing ear to shoulder.
- You can use hand for more deeper stretch
- 3 times, 30 seconds
- Repeat for left side



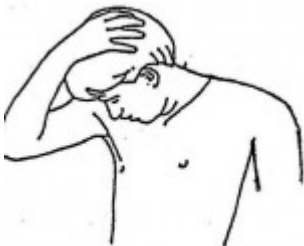
CORNER PEC STRETCH

- You can perform in a doorway or corner
- Put your forearms and elbows on the wall.
- Stand in a staggered stance.
- Lean forward at your hips, keeping your chest and head up. Don't lean with your head
- Hold for 30 seconds, repeat each (A, B, & C – elbows low, medium, and high) for 30 seconds.



LEVATOR SCAP STRETCH

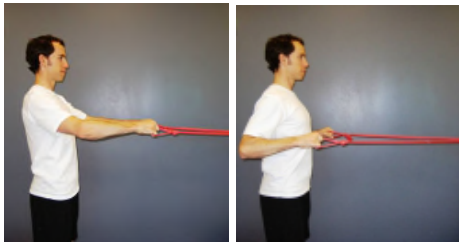
- Sit on right hand, and sit up tall
- Bring your chin down and point your nose to your left armpit.
- You can use hand for a more deeper stretch.
- 3 times, 30 seconds
- Repeat for left side, by bringing your chin down and pointing your nose to your right armpit.





ROWS WITH THERABAND

Start with your arms straight and pull straight back, bending elbows. Keep body straight and still. Keep shoulder blades squeezed down and in and your core tight. Soften your knees and push them out, tilt your pelvis back. Bring your elbows back, close to your body. Go slowly. Avoid using your neck muscles. Do 3 sets of 10 repetitions.



LOWER TRAP ROWS

Stand with feet shoulder width apart. Hold theraband (fastened above your head) in both hands with elbows out to the side. Squeeze your shoulder blades down and in as you pull your elbows down towards your ribs. Keep your tummy tight, shoulders down, and your shoulder blades squeezed together. Do 10 repetitions, 3 sets.



THERA-BAND SHOULDER RETRACTION

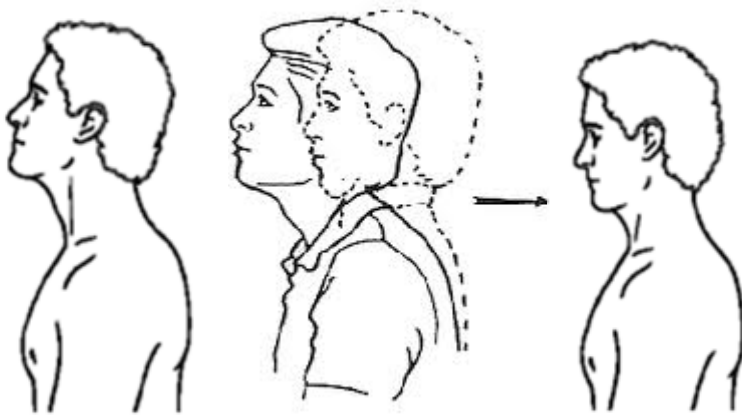
Keep palms facing up towards you, thumbs pointed out. Band held inside of palms. Squeeze your shoulder blades together, gently stretching the band between your hands. Hold and slowly return. TIP: Keep your core tight, back and neck straight. Don't cheat with your elbows during the exercise; keep them bent at your side. Perform 15 repetitions, 3 sets.





CHIN TUCKS

- Pull chin straight back gently, so ears are above shoulders and chin is above collar bone.
- Hold 10 seconds and relax, but don't stick head forward/chin out.
- Repeat 10 times, 3 sets.



SCAPULAR SQUEEZES

- Relax your shoulders down
- Now squeeze your shoulder blades back, towards your bra strap.
- Hold 10 seconds and relax. Make sure you don't compensate by lifting your shoulders.
- Perform 10 repetitions, 3 sets





BAD POSTURE!

- Head forward, rounded shoulders and upper back
- Stomach pushed out in front with increased tension in lower back
- Knees hyperextended and locked back = flattens arch



GOOD POSTURE!!

- **Knees soft (not locked out) and pushed out towards pinky toes = creates your arch**
- **Tummy tight**
- **Booty squeezed**
- **Head back and aligned with shoulders**
- **Shoulder blades squeezed together**

**** SAME for SITTING:**

- **Rock pelvis forward, so you're sitting on your booty bones**
- **Tummy tight**
- **Shoulders back with shoulder blades squeezed together**
- **Head back, aligned with shoulders**
- **All should be in alignment - ears, shoulder, and hips**

