

SCAPULAR PROTRACTION - FREE WEIGHT - SERRATUS PUNCHES

Lie on your back holding a small free weight or soup can with your arm extended out in front of your body and towards the ceiling. While keeping your elbow straight, protract your shoulders forward towards the ceiling and then lower back down in a control motion.

Do not allow your shoulder to raise towards your ears.

Keep your elbow straight the entire time. Video # VVV7EMM35

Repeat 10 Times

Complete 3 Sets

FREE WEIGHT - EXTERNAL ROTATION - ER

Lie on your side and hold a weight with your elbow bent and rested on your side. Place a small rolled up towel between your upper arm and body. Next, move your forearm and hand from the ground towards the ceiling as shown. Lower back down and repeat. Video # VVWRG4CK9

Repeat 10 Times

Complete 3 Sets

PRONE EXTENSION

Lying face down with your elbows straight, slowly raise your arms upward while keeping your elbows straight. Video # VVEMHJ57Z

Repeat 10 Times

Complete 3 Sets

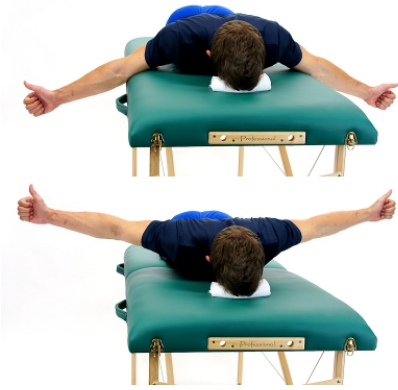
PRONE T - BILATERAL - THUMBS UP

Lie face down with your elbow straight and arms out to the side. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Your thumbs should be pointed in the upward direction as your arm raises. Video # VVN89QFES

Repeat 10 Times

Complete 3 Sets



PRONE Y

Lying face down with your arms stretched out upwards as shown, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downward and towards your spine. Video # VV8XKNKTL

Repeat 10 Times

Complete 3 Sets



PRONE RETRACTION EXTENSION - PRONE I

Lying face down with your arms by your side, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downwards and towards your spine. Video # VVWGSDZZF

Repeat 10 Times

Complete 3 Sets





PRONE W

Lying face down with your elbows bent and palms facing downward, slowly raise your arms up towards the ceiling as you squeeze your shoulder blades downward and towards your spine. Video # VV6FUQA66

Repeat 10 Times

Complete 3 Sets



Serratus activation on wall

With a pillow case on both hands, stand and face the wall. Keeping tension on the pillow case, slowly slide hands up the wall by straightening your arms. Pinch your shoulder blades down and in. Return to starting position.

Repeat 10 Times

Complete 3 Sets

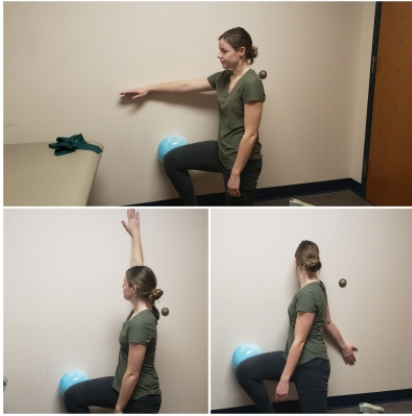


Shoulder external rotation against wall

Lean against wall with your pelvis slightly tucked and abdominals are engaged. Place arms against the wall, with forearms and upper arms contact the wall, as much as you can. Slowly slide your arms up and down keeping the contact with the wall. Keep your neck long but not arched back.

Repeat 10 Times

Complete 3 Sets



Thoracic rainbow with hip stabilization VWH

Thoracic rainbow with hip stabilization

Assume half kneeling position with the knee closest to the wall stabilizing a ball against the wall. Slide your arm in a full arc, following your hand with your eyes.

Repeat 10 Times

Complete 3 Sets