



ELASTIC BAND SCAPULAR RETRACTIONS WITH MINI SHOULDER EXTENSIONS

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.

Do not lean back on your heels and keep abdominals engaged throughout the exercise.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



TABLE PUSH UPS (or off counter top)

Perform a push up as shown while leaning on a table. Keep stomach braced throughout, chin tucked, and spine straight.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



EXERCISE BALL - WALL SQUATS

Start by standing up and leaning your low back against an exercise ball on a wall. Your feet should be spread apart about shoulder width apart.

Next, slowly bend your knees and lower your buttocks towards the floor.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week

BRIDGING

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



LATERAL LUNGE

Repeat 10 Times
Hold 1 Second
Complete 2 Sets
Perform 2 Times a Week



Stand with a small space between feet. Next, step to the side and bend your knee to a lunge position. As the knee bends lower your buttocks down towards the floor. Keep knees in line with toes. You can raise your arms forward with each knee bend for a counter balance.

Return to original position and repeat on the same side. 10x each side (Right and Left) is one set