

STEP 1



STEP 2



Scapular Retraction with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin standing upright with your elbows bent and tucked at your sides, holding the ends of a resistance band that is anchored in front of you.

Movement

- Squeeze your shoulder blades together and downward, pulling against the resistance band. Hold this position, then relax and repeat.

Tip

- Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Scapular Retraction Y

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

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.

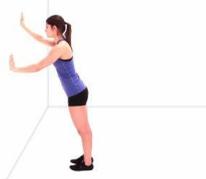
Tip

- Make sure to keep your back relaxed.

STEP 1



STEP 2



Standing Staggered Push Up with Scapular Retraction at Wall

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin in a standing upright position with your arms straight and your hands resting on a wall. One hand should be above shoulder height, with the other below.

Movement

- Bend your elbows, leaning your body toward the wall and squeezing your shoulder blades together. Then push yourself back into the starting position. Repeat this exercise evenly on both sides.

Tip

- Make sure to bend only at the elbows and keep the rest of your body straight. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Isometric Punch at Wall

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin in a staggered stance position with one arm straight and a small towel between your fist and a wall.

Movement

- Punch your arm forward into the wall, then relax and repeat.

Tip

- Make sure to maintain a gentle chin tuck, keep your back straight, and avoid locking your elbow during the exercise. There should be little to no movement.

STEP 1



STEP 2



Full Plank with Scapular Protraction Retraction AROM

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin on all fours with your arms straight under your shoulders.

Movement

- Raise your body into a plank position. Slowly round your upper back, pulling your shoulder blades apart. Hold briefly, then lower back down, squeezing your shoulder blades, and repeat.

Tip

- Make sure to keep your back flat and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standing Wall Ball Circles in Scaption with Plyo Ball

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin in a standing upright position holding a small weighted ball against a wall, with your arm straight and your torso turned about 30 degrees toward the wall.

Movement

- Roll the ball in small, tight circles, moving only your arm. Then change direction and repeat.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Scapula Isolations with Resistance

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin lying on your back with your arms straight up toward the ceiling, holding the ends of a resistance band wrapped around your back.

Movement

- Press your arms up toward the ceiling as you inhale, moving your shoulder blades apart, and hold briefly. Slowly return to the starting position as you exhale and repeat.

Tip

- Make sure your ribcage stays still on the floor and your neck stays relaxed.

STEP 1



STEP 2



Prone Shoulder Horizontal Abduction with External Rotation

REPS: 10 | SETS: 3 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin lying face down on a table or bed with your arms to your sides, holding a dumbbell in each hand.

Movement

- Pointing your thumbs upward, raise your arms backward as far as you can.

Tip

- Make sure to keep your arms straight and your thumbs pointing upward. Think of squeezing your shoulder blades together as you lift your arms.

STEP 3

