

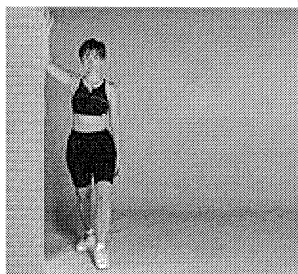
Notes:

Traps - Standing

Standing tall, grasp wrist of side to be stretched behind the back and bring across body to opposite side. Turn head toward the side to be stretched and tilt head away (ear to shoulder) to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



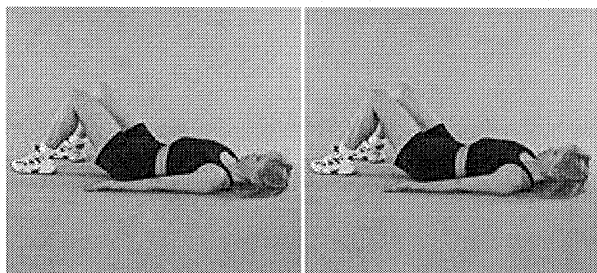
Notes:

Pectorals - Wall

Stand level with a doorway or wall and raise one arm as if to wave. Place forearm along door jam placing elbow approximately at shoulder height. Step one foot forward (keeping feet shoulder width apart), bend front knee. Gently lean chest straight forward to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



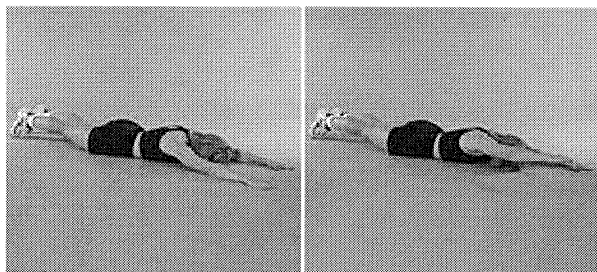
Notes:

Chin Tuck Hold

Lie on back with knees bent, feet flat on the floor. Keeping head on floor, tuck chin into neck. Slightly raise head off floor, about 1 cm, and hold chin tuck position.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31



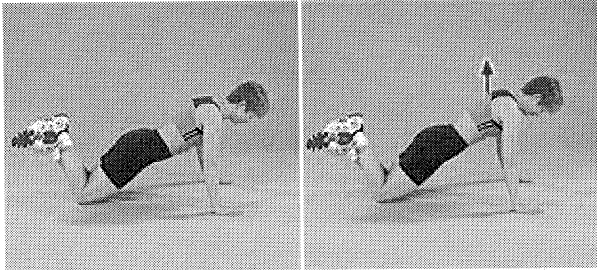
Notes:

Arm Raise - Prone

Lie face down with a towel or pillow under pelvis and arms raised over head. Maintaining the abdominal hollow, slowly raise one arm up off the floor as far as comfortable and hold. Lower arm back to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
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Notes:

Shoulder Protraction Knee Push Up

On floor in a knee push up position, maintaining an abdominal hollow.

Keeping elbows straight, push 'through' the floor to push mid back up toward the ceiling.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31