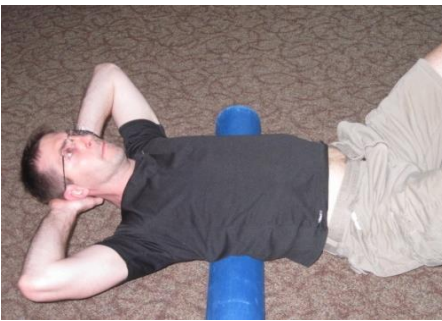
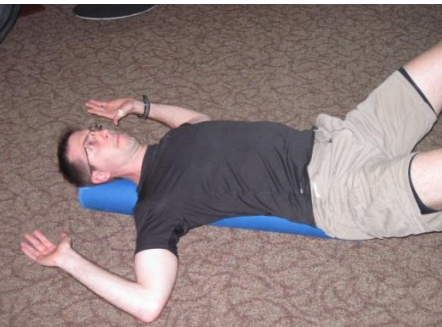
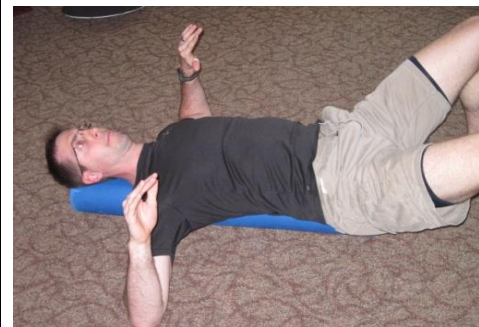


## Perform every other day



1. Place the roller under your shoulder blades as shown and keep your butt on the floor as you bend your knees with your feet flat on the floor. Slowly extend your back over the roller squeezing your shoulder blades together pushing your elbows towards the floor at the same time. Raise back up to the starting position as if you were doing a mini abdominal crunch, and repeat 10 times. Keep the roller between the top and bottom margins of your shoulder blade.



2. **Perform 20 external rotations.** Start by lying on the foam roller with knees bent and feet flat on the floor. Try to keep elbows on the ground and shoulder blades squeezed together as you rotate your arms backwards and forwards. Don't arch your back off the roller, but keep your low back and torso flat while moving the arms.



3. **perform 2 sets of 20 repetitions using thin tubing.** Start with elbows extended and pull the band across your chest keeping arms at shoulder height. Squeeze shoulder blades together to pull the band across the chest as far as you can. Don't roll your shoulders forward. Move slowly and rest 60 seconds between sets.



**4. Perform 20 repetitions raising our neck, chest off the floor, arms off the floor with straight elbows and extend legs off the floor at the same time. Hold for one second, then flatten out.**