

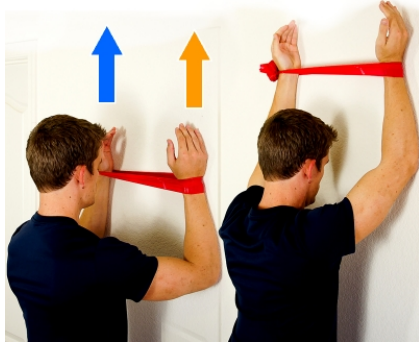
**PUSH UP PLANK PLUS**



Start in a push up position on your hands and toes with elbows fully extended as shown. Allow your shoulder blades to squeeze together like squeezing a pencil between them. Then protract your shoulder blades forward to raise your body upward a few inches. Then, return to original position.

Repeat 10 Times  
 Hold 1 Second  
 Complete 3 Sets  
 Perform 3 Time(s) a Week

**SERRATUS WALL SLIDE - ELASTIC BAND**



Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Then, protract your shoulder blades forward and then slide your arms up the wall as shown. 15-20 reps if doing it this way.

Harder - C's that we talked about in session - 3 up and 3 down on each side counts as one rep. Try to do 5-10 reps as tolerated.

Repeat 15 Times  
 Hold 1 Second  
 Complete 1 Set  
 Perform 3 Time(s) a Week

**ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION**



While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Lead with your shoulder blades.

Repeat 20 Times  
 Hold 1 Second  
 Complete 1 Set  
 Perform 3 Time(s) a Week





Only picture I had close to what I want you to do for this exercise.

start with hands in small of your back. Squeeze shoulder blades together, raise hands off back and chest just off ground. Rotate your palms up to your head and raise the arms up to 90 degrees, keeping elbow straight.

Reverse the movement and return to starting position.

Repeat 15 Times  
Complete 1 Set  
Perform 3 Time(s) a Week



### Thoracic bridge

Again, a bit different than the starting position I would like you to do. Start in quadruped with knees off ground, taking weight with hands and feet. Drive knee to opp elbow and swing leg through to plant on floor as you open your chest to end in the second position shown here. 10x each side.

Repeat 10 Times  
Complete 1 Set  
Perform 3 Time(s) a Week