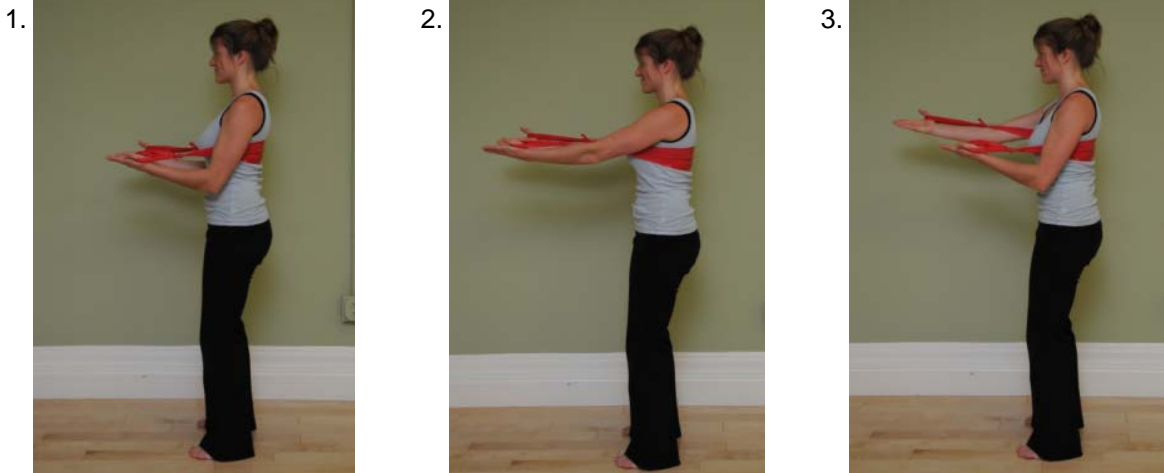


Leash

1. Wrap a thera-band flat behind your shoulder blades and hold the ends in front of you with your palms up and elbows bent at your sides. Keep your ribs and navel in and shoulders down as you straighten your arms forward. You are strengthening your serratus anterior muscle (under your arm pits.)
2. Slowly bring your elbows back to the starting position, repeat 10 times.
3. Repeat 10 more times alternating right and left arms.



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