

### V to W Facing Wall

- 1a. Stand close to the wall, palms resting against the wall with the arms up in a V position. Squeeze your shoulderblades down and together by engaging your lower trapezius muscles. Avoid flaring your ribs out and arching your back by engaging your core.
- 1b. Slide the hands down the wall until they reach the W position. Maintain your shoulderblade position and don't tense up your upper trapezius muscles.
- 1c. Re-engage your lower traps by squeezing the shoulderblades back and down before you return to the starting position and repeat.



### Waiting For Dinner

- 2a. Starting position: kneeling or sitting with elbows up on a table (cushioned) or bed that is lower than shoulder height. Elbows shoulder width apart and hands facing you with theraband wrapped around hands.
- 2b. First push the elbows down into the table.
- 2c. Pull shoulderblades back and down, like you are pinching them together. Avoid flaring your ribs out and arching your back by engaging your core.
- 2d. Open palms away from each other. Hold 10 seconds and then relax back to starting position. Repeat

