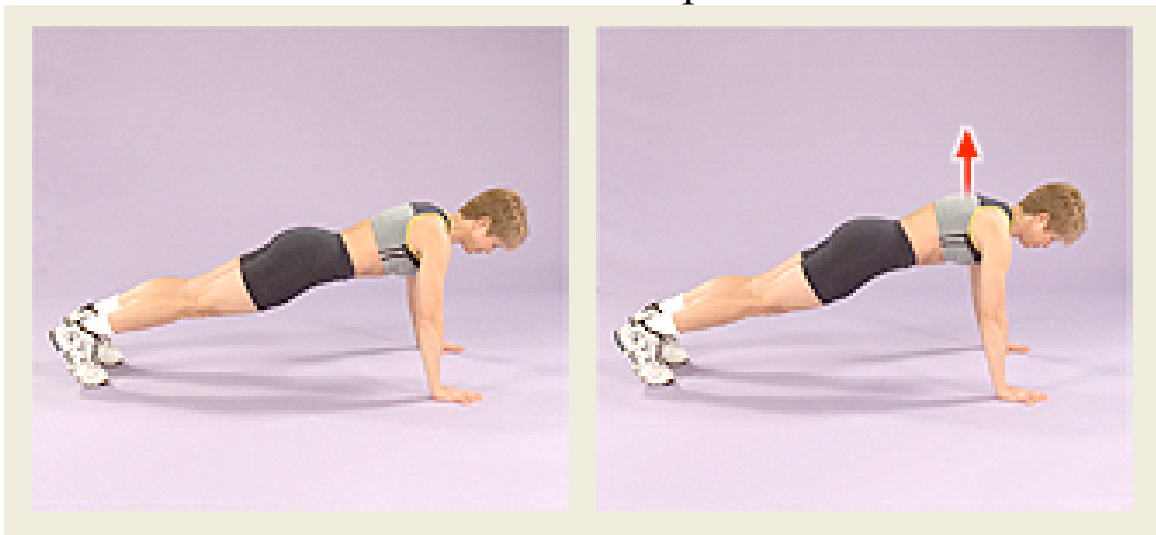
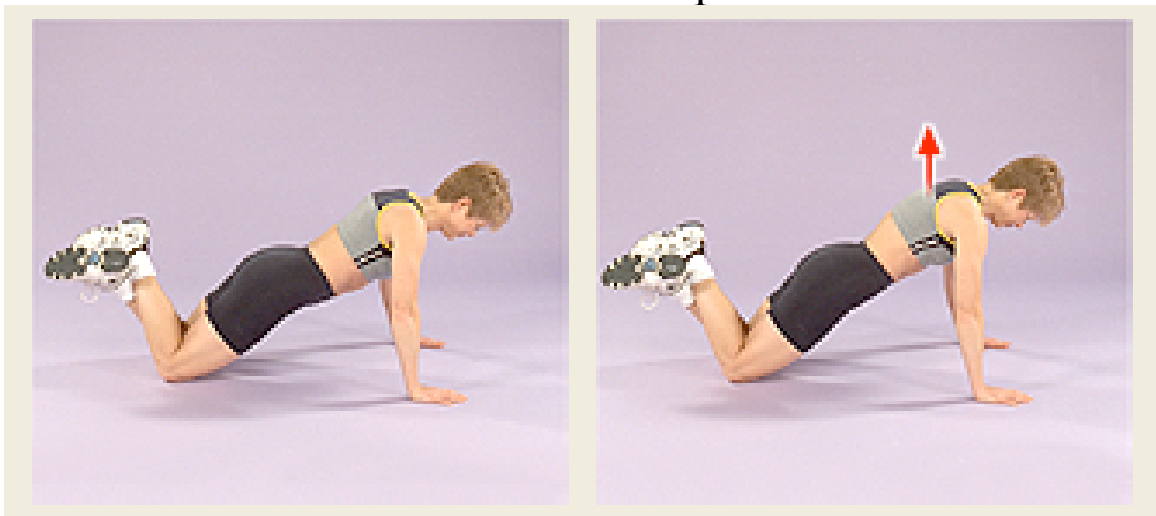


Scapular Protraction Push Ups

Full Push Up



Knee Push Up



- Start in a full push up or knee push up position.
- Keep your arms fully extended, you will not be bending them at all through this exercise.
- Push your mid back up toward the ceiling.
- The motion should feel like you are trying to push “through” the floor.
- Slowly return to the starting position.
- Repeat for 3 sets of 10 or as directed.