

Shoulder Blade Retraction With a Band



- Bring the band to the start of tension with the palm side of your hands facing in
- Draw your shoulder blades back and down (like you would with Brugger's Position)
 - Slowly pull your hands apart
- The most important part of the exercise is releasing the tension on the band SLOWLY while keeping the shoulder blades retracted back and down
 - Repeat 3 sets 7-10 reps