**1. Y**

Goal:

* Strengthen the muscles between the shoulder blades (mainly the lower trapezius)

Cues:

* Laying face down on a bench or bed
* Head, shoulders, arms hanging off end of bench or bed
* Thumbs facing forward
* Keep shoulders pulled down and slightly back (latissimus muscles engaged)
* Keep neck and head inline with your mid back, chin tucked
* Bring arms up overhead and slightly out to the side (like you are doing the Y in the YMCA dance)
* Try not to let your shoulders creep up towards your ears
* Keep the motion slow and controlled
* Focus on the squeeze at the top position
* Try to really feel the motion coming from the lower part between the shoulder blades

Where you should feel it:

* The lowermost part between the shoulder blades

Video/pictures:

* <https://www.instagram.com/reel/C3JlQvyLFG8/?igsh=MzY1NDJmNzMyNQ==>

**2. T**

Goal:

* Strengthen the muscles between the shoulder blades (mainly the mid trapezius)

Cues:

* Laying face down on a bench or bed
* Head, shoulders, arms hanging off end of bench or bed
* Thumbs facing together, pinky’s out
* Keep shoulders pulled down (latissimus muscles engaged)
* Keep neck and head inline with the mid back, chin tucked
* Bring arms straight out to the side out to the side (like you are making a T with your arms and body)
* Try not to let your shoulders creep up towards your ears
* Keep the motion slow and controlled
* Focus on squeezing the shoulder blades together at the top of the movement
* Let the shoulder blades separate and roll all the way forward at the bottom of the movement
* Try to really feel the motion coming from the mid part between the shoulder blades

Where you should feel it:

* Middle of the space between the shoulder blades

Video/pictures:

* <https://www.instagram.com/reel/C3RXkgNLo24/?igsh=MzY1NDJmNzMyNQ==>

**3. A**

Goal:

* Strengthen the muscles between the shoulder blades and down the back (Traps and Lats)

Cues:

* Laying face down on a bench or bed
* Head, shoulders, arms hanging off end of bench or bed
* Palms facing forward, pinky’s in
* Keep shoulders pulled down (latissimus muscles engaged)
* Keep neck and head inline with the mid back, chin tucked
* Bring arms back and slightly out, just beside your hips (like you are making an A with your arms and body)
* Try not to let your shoulders creep up towards your ears
* Keep the motion slow and controlled
* Keep your shoulders pulled down
* Let the shoulder blades separate and roll all the way forward at the bottom of the movement
* Try to really feel the motion coming from the mid part between the shoulder blades and down your sides

Where you should feel it:

* Middle of the space between the shoulder blades
* Sides of your body and mid/low back

Video/pictures:

**4. DB Shrugs**

Goal:

* Stretch and strengthen the upper trapezius muscle

Cues:

* Standing position
* Weights in each hand
* Start standing upright nice and tall, neutral spine, chin tucked
* Roll the shoulders forward
* Let the shoulders sink down towards the floor as far as you can (feel the stretch on top of the shoulder blades and up towards the neck)
* From here pull your shoulders straight up towards the sky (like you are trying to touch your ears with your shoulders)
* Keep the motion slow and controlled
* Squeeze at the top
* Focus on getting full range of motion up and down
* Keep that chin tucked

Where you should feel it:

* Top of the shoulder blades, up to the neck and base of the back of the head

Video/pictures:

* <https://www.instagram.com/reel/C3BzWPQJBGK/?igsh=MzY1NDJmNzMyNQ==>

**5. Barbell Shrugs**

Goal:

* Stretch and strengthen the upper trapezius muscle

Cues:

* Standing position
* Grab a barbell with both hands, a little wider than shoulder width apart
* Start standing upright nice and tall, neutral spine, chin tucked
* Roll the shoulders forward
* Let the shoulders sink down towards the floor as far as you can (feel the stretch on top of the shoulder blades and up towards the neck)
* From here pull your shoulders straight up towards the sky (like you are trying to touch your ears with your shoulders)
* Keep the motion slow and controlled
* Squeeze at the top
* Focus on getting full range of motion up and down
* Keep that chin tucked

Where you should feel it:

* Top of the shoulder blades, up to the neck and base of the back of the head

Video/pictures:

**6. Standing DB Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Stand in an offset foot position
* Foot forward on the same side you are going to row with
* Opposite hand placed on bench/rack/chair/etc.
* Working hand holding the weight
* Starting position, arm with weight hanging straight down towards the floor, shoulder rolled forward
* Pull weight up and back towards your hip
* Shoulder and arm moving together
* Avoid letting your shoulder shrug towards your ear
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back, side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C5uXY2wxmOH/?igsh=NTc4MTIwNjQ2YQ==>

**7. Chest Supported DB Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Lay face down on a slightly inclined bench
* Feet comfortably planted on the ground
* Dumbbell’s in each hand
* Starting position, arms with weights hanging straight down towards the floor, shoulders rolled forward
* Pull weights up and back towards your hip
* Shoulders and arms moving together
* Avoid letting your shoulders shrug towards your ears
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back, side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C3G8N0bpejR/?igsh=MzY1NDJmNzMyNQ==>

**8. Half Kneeling Unilateral Cable Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Offset kneeling in front of a cable machine
* Offset your body so the shoulder/arm on the side you are working is in line with the cable
* Knee down on the side you are working
* Grab cable handle attachment
* Starting position, arm with weight is outstretched in front, shoulder rolled forward
* Pull weight up and back towards your hip
* Shoulder and arm moving together
* Avoid letting your shoulder shrug towards your ear
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back, side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C6AhrFsrjJi/?igsh=NTc4MTIwNjQ2YQ==>

**9. Seated Bilateral Cable Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Sitting on bench or cable row machine
* Cable centered with your body
* Grab the bar attachment for the machine
* Hands just about shoulder width apart
* Starting position, arms outstretched in front, shoulder rolled forward
* Pull weight bar towards your hip or belly button
* Shoulders and arms moving together
* Avoid letting your shoulders shrug towards your ears
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back/side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C6kB3JQy9c4/?igsh=NTc4MTIwNjQ2YQ==>

**9. Half Kneeling Unilateral Lat Pulldown**

Goal:

* Stretch and strengthen the lat muscles
* Work on overhead shoulder mobility

Cues:

* Offset kneeling in front of a cable machine
* Offset your body so the shoulder/arm on the side you are working is in line with the cable
* Knee up on the same side you are working
* Grab the handle attachment
* Starting position, arms outstretched overhead, shoulder rolled forward
* Pull the weight down towards your hip
* Shoulder and arm moving together
* Avoid letting your shoulders shrug towards your ear
* Let the weight back up to the starting position slow and controlled

Where you should feel it:

* Back/side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C5ziuNBRJAp/?igsh=NTc4MTIwNjQ2YQ==>

**10. TRX - Scapular Retraction**

Goal:

* Stretch and strengthen scapular retractors (muscles between shoulder blades)

Cues:

* You will need a TRX system, any type of exercise rings, or an exercise band
* Start standing in a comfortable position
* Arms outstretched straight in front of you
* Walk your feet forward so you are at an angle leaning back (the more you lean the harder it will be)
* No need to lean back if you are using an exercise band
* Engage your lats, pull your shoulders slightly down towards your hips (creating space between your shoulders and ears)
* Engage your core and keep your low back flat throughout
* From here, roll your shoulders forward and feel the stretch between your shoulder blades
* Now pull your shoulders back like you are trying to touch them together
* Return to the starting position slow and controlled
* Focus on the squeeze at the top and the stretch at the bottom
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back
* Avoid bending your arms at the elbows and using your biceps to lift you up

Where you should feel it:

* Between your shoulder blades
* In your core

Video/pictures:

* <https://www.instagram.com/reel/C5pWj4lrTmX/?igsh=NTc4MTIwNjQ2YQ==>

**11. TRX - Row**

Goal:

* Strengthen the lat muscles
* Engage and strengthen the core muscles

Cues:

* You will need a TRX system, any type of exercise rings, or an exercise band
* Start standing in a comfortable position
* Arms outstretched straight in front of you
* Walk your feet forward so you are at an angle leaning back (the more you lean the harder it will be)
* No need to lean back if you are using an exercise band
* Engage your lats, pull your shoulders slightly down towards your hips (creating space between your shoulders and ears)
* Engage your core and keep your low back flat throughout
* From here, roll your shoulders forward and feel the stretch between your shoulder blades
* Now pull your elbows straight back, slightly towards your hips
* Return to the starting position slow and controlled
* Focus on the squeeze at the top and the stretch at the bottom
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back

Where you should feel it:

- Back, side of rib cage

* Center of the back
* Between the shoulders
* Down to lower back
* Also in the biceps and core

Video/pictures:

* <https://www.instagram.com/reel/C5kFcGQsHN8/?igsh=NTc4MTIwNjQ2YQ==>

**12. Band Scapular Retraction**

Goals:

* Improve scapular retraction
* Strengthen scapular retractor muscles
* Strengthen/stabilize muscles around the shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand Tall: Stand with feet shoulder-width

apart and knees slightly bent

* Hold the band with both hands, palms facing each other, arms extended in front of you
* Engage Your Core: Tighten your abdominal muscles to stabilize your torso
* Pull Your Arms Out and Down Towards Your

Sides: Keeping your arms straight, pull the band out and down towards your sides to form an "A" shape with your body

* Control the Movement: Slowly return to the starting position, maintaining tension in the band
* Repeat: Perform the movement for the

desired number of repetitions

Avoid:

* Using Excessive Resistance: Start with a

light resistance band to ensure proper form and technique 4A

* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the

exercise slow and controlled to maximize engagement

* Neglecting Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Core

Video:

* <https://www.instagram.com/reel/C75WaxhyLX_/?igsh=NTc4MTIwNjQ2YQ==>

**13. Band A**

Goals:

* Strengthen the lat muscles
* Stabilize the shoulder

Cues:

* Secure a resistance band to a stationary

object at chest height

* Stand Tall: Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Engage Your Core: Tighten your abdominal muscles to stabilize your torso
* Pull Your Arms Out and Down Towards Your sides
* Keeping your arms straight, pull the band out and down towards your sides to form an "A" shape with your body
* Control the Movement: Slowly return to the starting position, maintaining tension in the band
* Repeat: Perform the movement for the desired number of repetitions

Mistakes to Avoid:

* Using Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the exercise slow and controlled to maximize engagement
* Neglecting Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Down your back/sides
* Core

Video:

* <https://www.instagram.com/reel/C75WaxhyLX_/?igsh=NTc4MTIwNjQ2YQ==>

**14. Band T**

Goals:

* Strengthen the muscles between your shoulder blades
* Strengthen/stabilize shoulder

Cues:

* Secure a resistance band to a stationary

object at chest height

* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Keeping your arms straight, bring your arms straight out to the sides until they form a "t” shape with your body
* Focus on squeezing your shoulder blades together at the end of the movement
* Slowly return to the starting position, maintaining tension in the band
* Perform the movement for a desired number of repetitions

Mistakes to Avoid:

* Using Excessive Resistance: Start with a

light resistance band to ensure proper form and technique 4A

* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the

exercise slowly and with control to maximize muscle engagement

* Neglecting Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Core

Video:

* <https://www.instagram.com/reel/C8IzQHbSW4U/?igsh=NTc4MTIwNjQ2YQ==>

**15. Band Y**

Goals:

* Strengthen the muscles between the shoulder blades
* Strengthen/stabilize the shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each the floor, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso.
* Keeping your arms straight, pull the band up and out to form a "y" shape with your body
* Slowly return to the starting position, maintaining tension in the band
Perform the movement for the desired number of repetitions

Mistakes to Avoid:

* Using Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the exercise slowly and with control to maximize muscle engagement
* Neglecting Breathing: Remember to breathe steadily throughout the movement, exhaling as you pull the band up and out

Where you should feel it:

* Between your shoulder blades
* Core

Video:

* <https://www.instagram.com/reel/C8YQj_9SFxJ/?igsh=NTc4MTIwNjQ2YQ==>

**16. Band W**

Goals:

* Strengthen the muscles between your shoulder blades
* Strengthen shoulder external rotators
* Strengthen/stabilize shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing the floor, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso, keeping your ribs stacked over your pelvic
* Pull the band up, back, and out to form a "W" shape with your shoulders, arms, and head.
* As you pull your arms back, bend the elbows to 90 degrees, and externally rotate your shoulders
* Slowly return to the starting position, maintaining tension in the band
* Perform the movement for the desired number of repetitions

Mistakes to Avoid:

﻿﻿- Too much resistance: Start with light resistance to ensure proper form and technique 4A

* ﻿﻿Shrugging: keep your shoulders relaxed and away from your ears throughout the movement
* Speeding: Perform the exercise slowly and with control to maximize muscle engagement
* ﻿﻿Holding breath: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Behind your shoulder
* Core

Video:

* <https://www.instagram.com/reel/C8qRfl1JFiM/?igsh=NTc4MTIwNjQ2YQ==>

**17. Band W w/ Overhead Press**

Goal:

* Strengthen muscles between shoulder blades
* Strengthen shoulder external rotators
* Strengthen/stabilize shoulder
* Stabilize shoulder through overhead movement

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Keeping your arms bent, pull the band up and out to form a "W" shape with your body.
* ﻿﻿Straighten your arms overhead forming an "Y" shape with your body
* Slowly return to the "W" position and then the starting position, maintaining tension in the band
* Repeat for reps

Mistakes to Avoid:

* Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding: Perform the exercise slowly and with control to maximize muscle engagement
* Holding Breath: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Behind your shoulders
* Core

Video:

* <https://www.instagram.com/reel/C85soU7pPR6/?igsh=NTc4MTIwNjQ2YQ==>

**18. Band Angels**

Goal:

* Strengthen the muscles between the shoulder blades
* Strengthen shoulder external rotators
* Strengthen/stabilize shoulder
* Stabilize shoulder through movement

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Keeping your arms straight, pull the band out and down towards your hips to form an "A" with your body.
* In an arcing motion, mimicking the shape of an angel's wings, bring your arms out, around, and overhead
* Slowly bring your arms out and back down to the starting position
* Control your movement, and maintain tension in the band throughout
* Repeat: Perform the movement for the desired number of repetitions

Mistakes to Avoid:

* Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding: Perform the exercise slowly and with control to maximize muscle engagement
* Not Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Behind your shoulders
* Core

Video:

* <https://www.instagram.com/reel/C8-4efUJm_t/?igsh=NTc4MTIwNjQ2YQ==>

**19. Band Row**

Goals:

* Strengthen the lat muscles
* Stabilize the shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Drive your elbows back, slightly behind you
* Hands pulling at belly button level
* Keep your elbows tight to your sides
* Slowly and controlled return to starting position, letting your shoulders roll forward
* Repeat for reps

Avoid:

* Shrugging your shoulders
* Arching your low back
* Not breathing

Where you should feel it:

* Down your back/sides
* Between your shoulder blades
* Biceps

Video:

* <https://www.instagram.com/reel/C9OcPl-J0p2/?igsh=NTc4MTIwNjQ2YQ==>