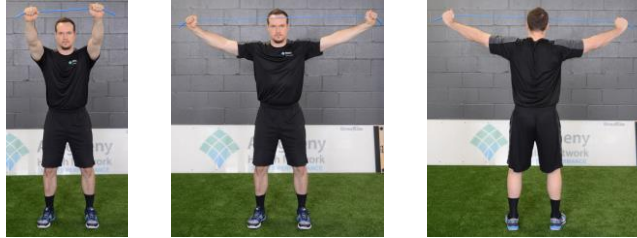
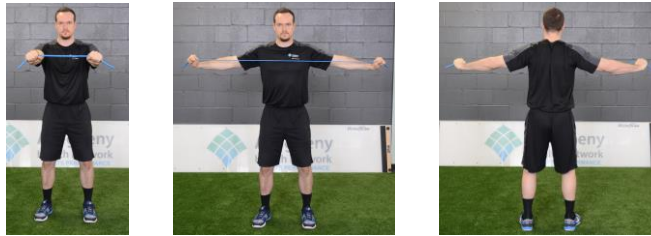


1013 Wexford Plaza Dr. Wexford PA 15090 (724-934-2440)
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4 POSITION TUBING



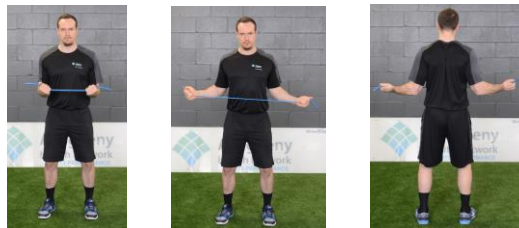
Over Head start: hands above head position and palms facing the ceiling. Retract (pinch) scapulae and pull the tubing to your forehead...hold for 1-2 sec and return back to the start position in a controlled manner (you control the tubing) for all 4 positions. Repeat 5-8 times.



Chest Level start: shoulders are flexed to 90° of horizontal adduction with the shoulders in protraction, palms facing the ceiling. Retract (pinch) the scapulae and pull the tubing to your chest level. Hold for 1-2 seconds then return back to start position... Repeat 5-8 times.



Belt Level start; the arms are at waist level with the elbows in tight, palms facing the ceiling. Retract (pinch) the scapulae and pull the tubing to your waist band/belt level. and the scapulas in protraction. Hold for 1-2 seconds and return back to start position...Repeat 5-8 times.



External Rotation: start; the elbows are bent to 90° with the arms at your side and palms to the ceiling. Retract (Pinch) your scapulae and pull your hands apart keeping your elbows by your side. Hold this position for 1-2 seconds, return to the start position in a controlled manner (you control the tubing). Repeat 5-8 times.