

1013 Wexford Plaza Dr. Wexford PA 15090 (724-934-2440)
3001 Cool Springs Dr. Pittsburgh PA 15234 (412-437-3001)

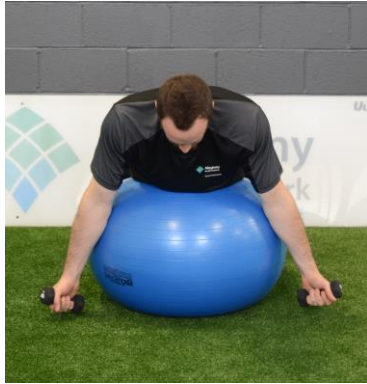
Y-T-I-W Series



Y-Position – Arms start hanging towards the ground with palms of the hands facing one another. Retract the scapula (pinch your shoulders together) then lift your arms into a Y position so that your arms make a 45° angle with your torso. Hold for 2 seconds, then return your arms slowly back to the start position. Repeat for 5-8 repetitions. This can be done with palms down or thumbs toward the ceiling.



T-Position – Arms start hanging towards the ground with palms of the hands facing one another. Retract the scapula (pinch your shoulders together) then lift your arms directly out to the side so that your arm makes a 90° angle with your torso. Hold for 2 seconds, then return your arms slowly back to the start position. Repeat for 5-8 repetitions. This can be done with palms down or thumbs toward the ceiling.



I-Position – Arms start hanging towards the ground with palms of the hands facing forward. Retract the scapula (pinch your shoulders together) then lift your arms back towards your hips. Hold for 2 seconds, then return your arms slowly back to the start position. Repeat for 5-8 repetitions. This should be done with palms facing towards the ground.



W-Position – Arms start hanging towards the ground with palms of the hands facing down. Retract the scapula (pinch your shoulders together) then drive your elbow to the ceiling so that both your shoulders and your elbows make 90° angles. From this position, externally rotate your shoulders; keep your elbows where they are and drive your hands to the ceiling. Hold for 2 seconds, then lower your hands so you have 90° angles in your shoulders and elbows again, and finally lower your hands towards the ground. Repeat the whole process for 5-8 repetitions. This can be done with palms down or thumbs toward the ceiling.