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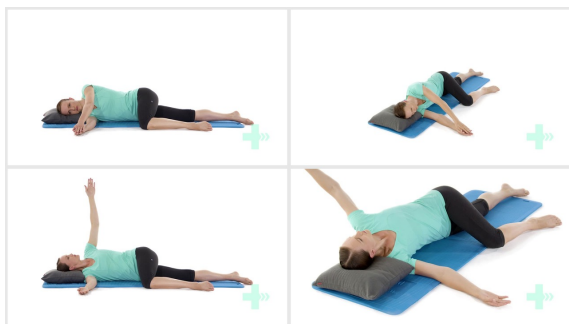
2 Sets / 10 Reps / 1 s hold



1. "Thread the needle"

Start lying on your front.
Bring yourself up onto your hands and knees.
Your hands should be under your shoulders and your hips over your knees.
Take one hand off the floor and reach in and through between your other hand and leg on that side.
Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.
Allow your back to twist.
You should feel a stretch down your side, your shoulder blade and neck.
Hold and then relax and repeat.

2 Sets / 10 Reps / 1 s hold



2. "Book opening" thoracic rotation ROM in side lying

Lie on your side with your arms outstretched on the floor in front of you.
Your lower leg should be straight and in line with the rest of your body.
Your upper leg should be bent in front of you with both the hip and knee at 90 degrees.
You may wish to rest your upper leg on pillows or a foam roller.
Take a deep breath in.
As you breathe out, lift your top arm up from the floor towards the ceiling.
Follow the movement with your head.
Continue to move this arm up and over to the floor on the other side.
Allow your upper body and head to follow the movement of this arm.
Take a deep breath at this endpoint.
As you breathe out, lift this arm back up from the floor, sweeping towards the ceiling and return it to lie on top of your other arm.
Again, follow this movement with your gaze, head, and upper body.
Take a deep breath in, and then repeat.

2 Sets / 10 Reps / 1 s hold



3. Cat and camel pose

Start on your hands and knees with your back in a neutral position.
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.
Hold this position.
Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.
Hold this position, and then repeat.



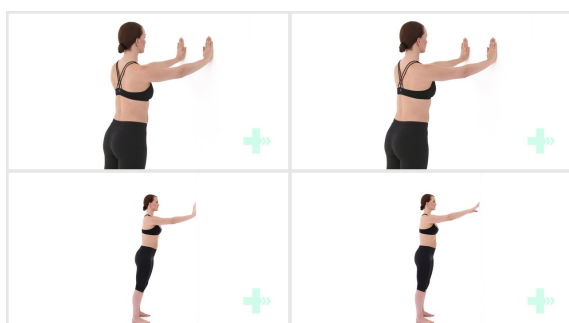
4. Windmill

Start position is standing in a wide stance with the arms stretched out to the side at shoulder level height.

Move into a semi-squat and hold when arms can touch the floor, then rotate at the hips and the trunk to reach the arms toward the opposite foot.

Stay balanced, with slightly more weight on the side of the reach and keep the head and chest up and aligned.

2 Sets / 10 Reps / 1 s hold



5. Serratus anterior against wall - static

Stand up straight facing a wall.

Place your hands at shoulder height on a wall.

Keep your arms straight and push the heels of your hands into the wall, tightening your shoulder blades to your rib cage.

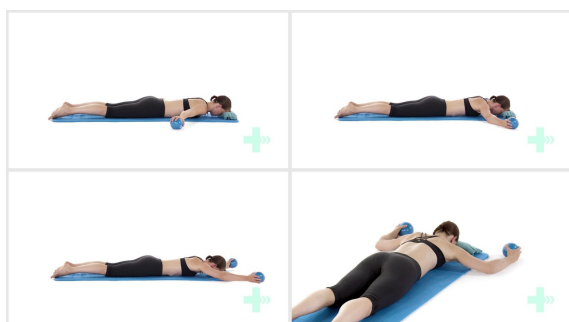
Your chest should move away from the wall.

Relax your shoulder blades, allowing your chest to move towards the wall again.

Your elbows should remain straight throughout this exercise.

Repeat this movement.

2 Sets / 10 Reps / 1 s hold / 0.5kg weight



6. Prone scapula retraction with UL "M", "T", "Y", "L" combo with weighted ball

Lie on your front with your forehead rested on a small towel.

Hold a weighted ball in each hand.

Keeping them straight, move your arms away from your sides a little.

Your palms should be facing the floor.

Keeping your chest and head in contact with the floor throughout, squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and then move your arms further from your side to shoulder height.

Squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and then rotate your forearms outwards so that your palms face ahead.

Squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and then move your arms further up so that they make a "Y" position diagonally up and away from you.

Squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and then rotate your forearms so that your palms face diagonally in towards each other.

Squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and then bend your elbows to 90 degrees so that each arm makes an "L" position.

Squeeze your shoulder blades together, and then lift your arms off the floor.

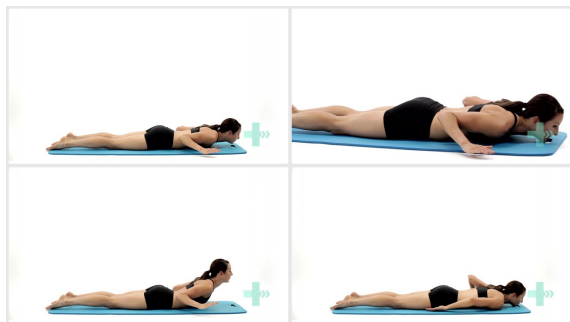
Hold this position.

Relax and then rotate your forearms so that your palms face towards one another.

Squeeze your shoulder blades together, and then lift your arms off the floor.

Hold this position.

Relax and then return to the starting position.



7. Active prone back extensions

Lie on your front with your hands by your shoulders and your elbows by your side. Squeeze your shoulder blades together so your elbows are close to your side, and your hands are off the floor.

Arch your back so your torso comes off the floor.

Maintain your shoulder blades in a squeezed position throughout the duration of the exercise while keeping the buttock muscles tight.

Your lower body remains in contact with the floor.