

Lying face down with your arms by your sides or in a T-position and your palms facing the floor.



Lift your upper trunk off the floor and pull your shoulder blades together. Keep your neck straight and look at the floor during the exercise. Hold 5 secs. and return to starting position.

Repeat ____ times.

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Lying face down with your forehead on the floor, arms outstretched with your elbows at right angles.



Lift your elbows and forearms off the floor squeezing your shoulder blades together.

Repeat ____ times.

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Sitting on a chair, back straight.



Clasp the arms of the chair and lift your bottom from the seat by straightening your arms and pushing the shoulders down. Do not let your chin protrude forward.

Repeat ____ times.

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