

Weeks 1-2

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Cervical Extension AROM with Strap

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair holding the ends of a strap wrapped around the lower part of your neck.

Movement

Gently tuck your chin, then slowly bend your neck backward. Bring your head back up to the starting position and repeat.

Tip

Make sure your neck bends directly backward, do not let it rotate to either side.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Supine Anterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the same direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder as you look up toward the ceiling until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Supine Posterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the opposite direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Seated Cervical Flexion AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in an upright seated position.

Movement

Slowly nod your head, tipping your chin down slightly toward your chest. You should feel as if you are stretching the muscles in the back of your neck as you do this motion.

Tip

Make sure to maintain an upright seated position as perform this movement.

STEP 1



STEP 2



Seated Cervical Extension AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Tip your head backward, looking up toward the ceiling, then return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side.

STEP 1



STEP 2



Seated Cervical Rotation AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

Make sure keep your back straight and do not bend your head forward, backward, or sideways.

STEP 1



STEP 2



Seated Cervical Sidebending AROM

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position

Movement

Tilt your head sideways, pulling your ear toward one shoulder, then return to the starting position and repeat toward the other side.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



Seated Shoulder Single Arm Scaption Towel Slides at Counter

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair facing a table or counter top with the side of one hand resting on a towel.

Movement

Slowly lean forward to slide the towel across the table in a diagonal fashion. Return to the starting position and repeat.

Tip

Make sure you avoid shrugging your shoulders too early during the exercise. Keep your hand on the table.

STEP 1



STEP 2



Prone Shoulder Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying face down on a table with your arm hanging over the edge.

Movement

Keeping your elbow straight and your thumb pointing forward, raise your arm straight upward until it is in line with your body.

Tip

Do not let your back arch as you raise your arm and try not to shrug your shoulder.

STEP 1



STEP 2



Prone Shoulder Horizontal Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with a towel roll below your forehead and your arms resting out to your sides.

Movement

Squeeze your shoulder blades together, then lift your arms straight up. Hold briefly, then relax and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Single Arm Shoulder Y

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Being lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

STEP 1



STEP 2



Prone Shoulder Row

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

Weeks 3-4

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Cervical Extension AROM with Strap

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair holding the ends of a strap wrapped around the lower part of your neck.

Movement

Gently tuck your chin, then slowly bend your neck backward. Bring your head back up to the starting position and repeat.

Tip

Make sure your neck bends directly backward, do not let it rotate to either side.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

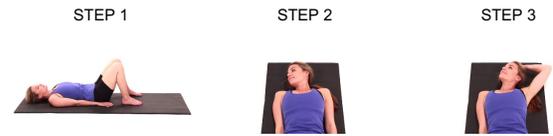
Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Supine Anterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the same direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder as you look up toward the ceiling until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.



Supine Posterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the opposite direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.



Prone Shoulder Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying face down on a table with your arm hanging over the edge.

Movement

Keeping your elbow straight and your thumb pointing forward, raise your arm straight upward until it is in line with your body.

Tip

Do not let your back arch as you raise your arm and try not to shrug your shoulder.



Prone Shoulder Horizontal Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front with a towel roll below your forehead and your arms resting out to your sides.

Movement

Squeeze your shoulder blades together, then lift your arms straight up. Hold briefly, then relax and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Prone Single Arm Shoulder Y

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Being lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Sidebending with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your temple and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Flexion with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Set Up

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on your forehead head and apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



STEP 2



Standing Isometric Cervical Extension with Manual Resistance

REPS: 10 | SETS: 3 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your feet shoulder width apart.

Movement

Gently tuck your chin. Place your hand on the back of your head and gently apply pressure, using your neck muscles to keep your head steady.

Tip

Do not let your head tilt or rotate during the exercise.

STEP 1



Seated Isometric Cervical Rotation

REPS: 10 | SETS: 3 | HOLD: 5 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position.

Movement

Place your hand on the side of your face, then try to turn your head, resisting the motion with your hand. Hold, then relax and repeat.

Tip

There should be little to no movement. Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Standing Shoulder Shrugs

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to keep your arms relaxed.

STEP 1



STEP 2



Seated Shoulder Row with Resistance Anchored at Feet

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 3 | HOLD: 15-60 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

Weeks 5-6

STEP 1



STEP 2



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Cervical Extension AROM with Strap

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair holding the ends of a strap wrapped around the lower part of your neck.

Movement

Gently tuck your chin, then slowly bend your neck backward. Bring your head back up to the starting position and repeat.

Tip

Make sure your neck bends directly backward, do not let it rotate to either side.

STEP 1



STEP 2



Seated Upper Trapezius Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Supine Anterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the same direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder as you look up toward the ceiling until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Supine Posterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the opposite direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Seated Shoulder Row with Resistance Anchored at Feet

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 3 | HOLD: 15-60 SEC | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Push Up

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Shoulder Shrugs with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a dumbbell in each hand and arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to maintain a gentle chin tuck throughout the exercise and keep your arms relaxed.



Prone Neck Extension at Table Edge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach with your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

Movement

Slowly lift your head up, then slowly return to the starting position, and repeat.

Tip

Make sure to only move your neck and keep your shoulders and mid back still.



Supine Segmental Cervical Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your head and neck in a comfortable position.

Movement

Gently tuck your chin and elongate your neck. Slowly roll your head up until it lifts off the pillow and return to the starting position.

Tip

Keep your shoulders relaxed and maintain a gentle chin tuck throughout the exercise.

Weeks 7-8



Seated Chin Tuck with Neck Elongation

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright.

Movement

Gently tuck your chin and think of stretching your neck toward the ceiling. Then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed during the exercise.



Cervical Extension AROM with Strap

REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair holding the ends of a strap wrapped around the lower part of your neck.

Movement

Gently tuck your chin, then slowly bend your neck backward. Bring your head back up to the starting position and repeat.

Tip

Make sure your neck bends directly backward, do not let it rotate to either side.



Seated Upper Trapezius Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin sitting upright in a chair, grasping the edge with one hand.

Movement

Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



STEP 3



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Supine Anterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the same direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder as you look up toward the ceiling until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



STEP 3



Supine Posterior Scalene Stretch

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your back with one hand tucked under your bottom and your head slightly turned in the opposite direction. With your other hand, grasp the opposite side of your head.

Movement

Gently pull your head toward your shoulder until you feel a stretch.

Tip

Make sure to keep your shoulders relaxed during the exercise.

STEP 1



STEP 2



Standing Shoulder Shrugs with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing upright position with a dumbbell in each hand and arms resting at your sides.

Movement

Gently shrug your shoulders up towards your ears, then lower them back down and repeat.

Tip

Make sure to maintain a gentle chin tuck throughout the exercise and keep your arms relaxed.

STEP 1



STEP 2



Prone Neck Extension at Table Edge

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your stomach with your head and the tops of your shoulders off the edge of a table. Allow your chin to nod down toward your chest.

Movement

Slowly lift your head up, then slowly return to the starting position, and repeat.

Tip

Make sure to only move your neck and keep your shoulders and mid back still.

STEP 1



STEP 2



Supine Segmental Cervical Flexion

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin by lying on your back with your head and neck in a comfortable position.

Movement

Gently tuck your chin and elongate your neck. Slowly roll your head up until it lifts off the pillow and return to the starting position.

Tip

Keep your shoulders relaxed and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Bent Over Bilateral Shoulder Row with Dumbbells

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin in a standing position with your trunk bent forward and arms hanging toward the floor, holding a dumbbell in each hand.

Movement

Pull your arms upward, bending at your elbows and squeezing your shoulder blades together. Lower them back down and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



Side Plank on Elbow

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



Push Up with Trunk Rotation

REPS: 10 | SETS: 3 | DAILY: 1 | WEEKLY: 7

Setup

Begin on all fours with your hands slightly wider than shoulder width apart, then lift yourself into a plank position.

Movement

Keeping your shoulders over your hands, bend your elbows to lower your body toward the ground, then push yourself back up. At the top of the position, rotate your body into a side plank and reach one arm upward. Lower back down to the starting position, then repeat the exercise in the other direction.

Tip

Make to keep your back straight during the exercise.