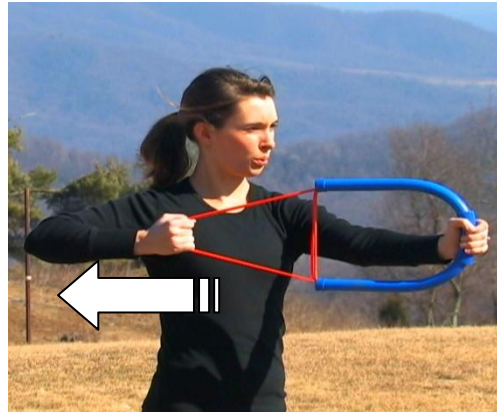


Scapula Retraction

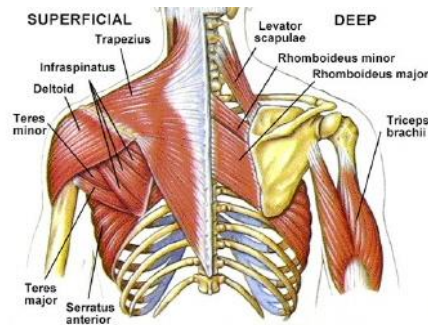
Hold the Cuflinec with the opposite hand of the exercise shoulder and the bands facing you, much like the position an archer would hold.



Choose your resistance and pull. Try to keep your exercise elbow at or below shoulder level. If this causes any localized pain, drop your elbow slightly.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week. All routines are done standing unless noted otherwise.



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The primary muscles used in this exercise are the middle trapezius and the rhomboids.