STEP 1



Supine Static Chest Stretch on Foam Roll

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

Setup
Begin lying on your back with your knees bent and a foam roll positioned vertically along the middle of your back.

Movement
Lay your arms directly out to your sides with your arms resting on the floor. Hold this position. You should feel a stretch in your chest.

Tip
Make sure your back is laying flat against the foam roll during the exercise.

STEP 1



STEP 2



Supine Chin Tucks on Flat Ball

SETS: 3 | REPS: 10 | HOLD: 3 SECONDS | DAILY: 1

Setup
Begin lying on your back with your knees bent and your head supported by a flat ball.

Movement
Slowly bend your upward to look overhead, then bend it down toward your chest and repeat.

Tip
Make sure to keep your neck relaxed and move slowly.

STEP 1



STEP 2



Supine Shoulder Horizontal Abduction with Resistance

SETS: 3 | REPS: 10 | DAILY: 1

Setup
Begin lying on your back with your knees bent and the ends of a resistance band in each hand. Your arms should be straight up toward the ceiling.

Movement
Pull your arms apart against the resistance band, straight out to your sides, then slowly bring them back to the starting position and repeat.

Tip
Make sure to keep your back flat on the floor during the exercise.

STEP 1



STEP 2



Standing Row with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1

Setup
Begin in a standing upright position holding both ends of a resistance band that is anchored in front of you at chest height.

Movement
Pull your arms back against the resistance, bending your elbows, then slowly return to the starting position and repeat.

Tip
Make sure to keep your back straight and think of squeezing your shoulder blades together as you pull your arms back.

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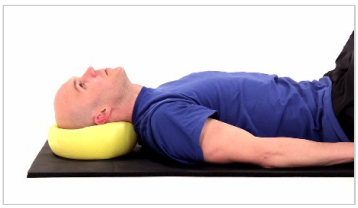
Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

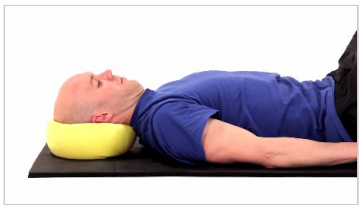
Supine Static Chest Stretch on Foam Roll



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

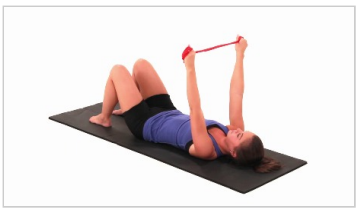
Supine Chin Tucks on Flat Ball

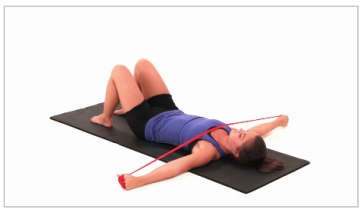




SETS: 3	REPS: 10
HOLD: 3 SECONDS	DAILY: 1

Supine Shoulder Horizontal Abduction with Resistance

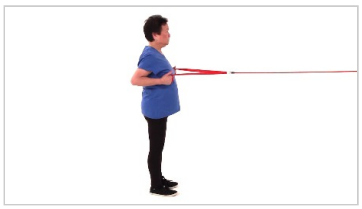




SETS: 3	REPS: 10
DAILY: 1	

Standing Row with Anchored Resistance





SETS: 3	REPS: 10
DAILY: 1	

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