

WALL ARCHES

Purpose:

1. Straighten upper back and correct forward head posture
2. Strengthen back and abdominal muscles with **FLAT BACK** and **STOMACH IN**.
3. Stretch shoulders while keeping back and stomach in good position
4. Strengthen shoulders

A. UNRESISTED SLIDES BOTH ARMS

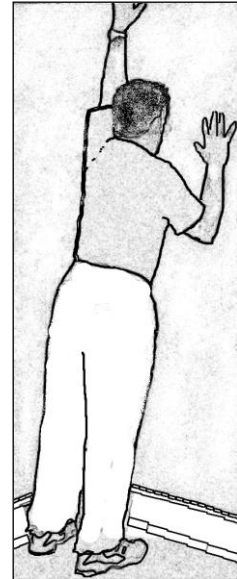


- * One step away from wall
- * Feet straight ahead
- * Knees over shoe points
- * **FLATTEN STOMACH**
- * **FLATTEN BACK**
- * Pinch shoulder blades



- * Chin tuck
- * Look straight ahead
- * **HANDS ALWAYS TOUCHING WALL**

B. UNRESISTED SLIDES ALTERNATING ARMS



C. WEIGHT LIFT SLIDES ALTERNATING ARMS

D. 'W' FOREARMS FLAT in CORNER or DOORWAY