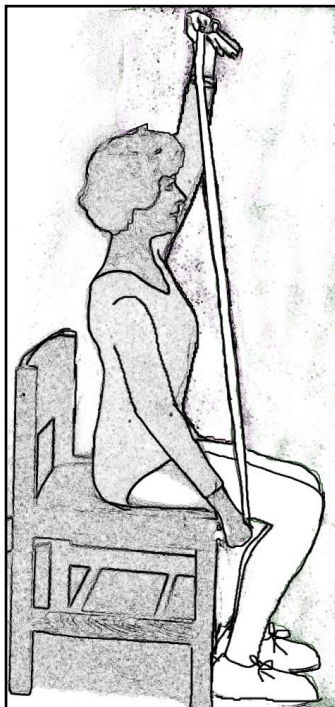
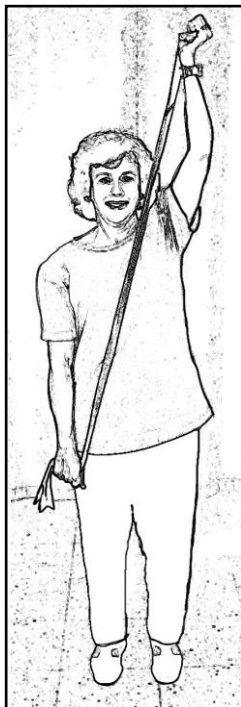


Shoulder, Back and Stomach Strengthening - Theraband Diagonals



- **ALWAYS**
- **Stomach tight** with “ribs in”
- **Back straight** with shoulders square
- **Shoulder blades** pinched down and back
- **Chin in**, head high
- **Knees slightly bent** and lined up over:
- **Feet straight** ahead
- **NARROW diagonal** – only a fist width between your upper arm and your ear



- **Back-lying**
- **Hands supported against wall**
- **Standing without support**
- **Sitting**

- **Goal:** 6-8 repetitions
- **SLOW** count 1-2-3-4 with breath out, 5-6-7-8 return
- 1-2 sets
- 1-3x/ wk

NEVER
Bend or twist body →
NEVER Lean to one side →
NEVER Turn feet out or knees in →

