

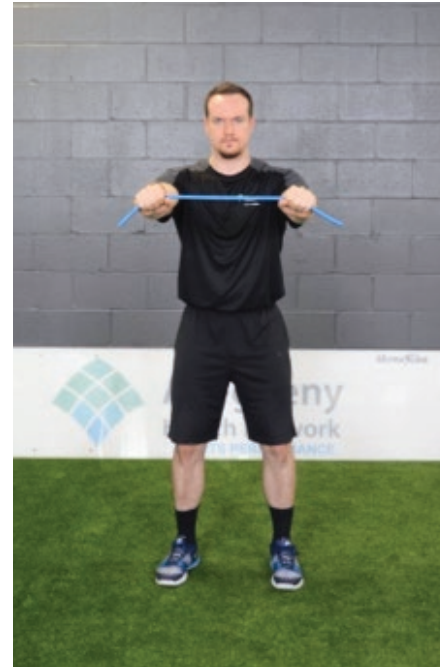
## SCAPULAR ACTIVATION

PERFORM EACH EXERCISE 1–2 TIMES FOR 6–8 REPS

COACHING CUE: RETRACT YOUR SHOULDER BLADES, AKA, “PINCH” BEFORE EACH REP



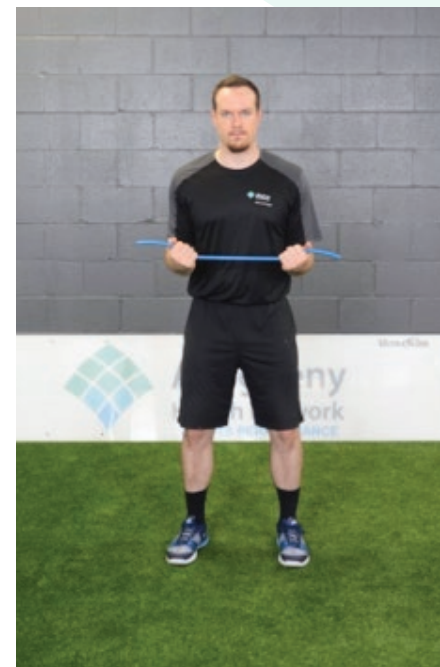
SCAPULAR TUBING “Y” (PALMS UP)



SCAPULAR TUBING “T” (PALMS UP)



SCAPULAR TUBING “A” (PALMS UP)



SCAPULAR TUBING ER (PALMS UP)

