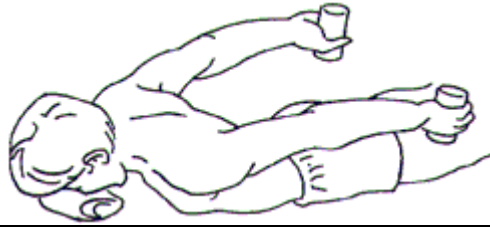


Middle Back Strengthening Program



LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD RAISE THE ARMS BEHIND YOUR BODY IN A COMFORTABLE RANGE OF MOTION.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day

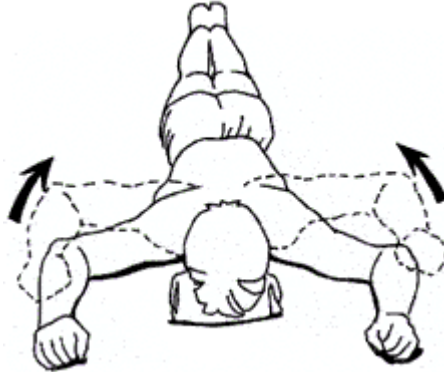


LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD KEEP THE ARMS STRAIGHT OUT AND LIFT THEM WHILE PINCHING THE SHOULDER BLADES TOGETHER.

Repeat: 10 times **Sets:** 2

Hold Time: 5 secs **Resistance/Time:** 0

Sessions: 2 /day



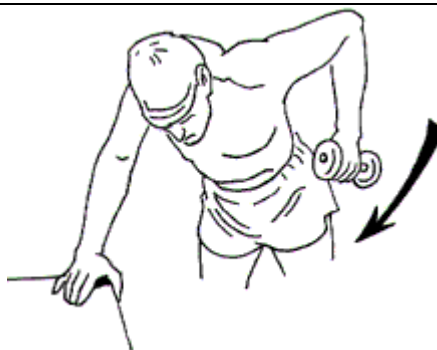
LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD BEND YOUR ELBOWS 90 DEGREES AS ILLUSTRATED. LIFT YOUR ARMS WHILE PINCHING YOUR SHOULDER BLADES TOGETHER.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



LYING ON YOUR STOMACH WITH A TOWEL ROLL UNDER YOUR FOREHEAD RAISE YOUR ARMS UP OFF THE GROUND THROUGH A COMFORTABLE RANGE OF MOTION.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		



BEND AT THE TRUNK AND SUPPORT YOURSELF WITH THE UNINVOLVED HAND. LOWER YOUR ARM TOWARD THE FLOOR AND THEN PULL YOUR ARM UP AS IF YOU WERE PERFORMING A SAWING MOVEMENT.

Repeat:	10 times	Sets:	2
Hold Time:	5 secs	Resistance/Time:	0
Sessions:	2 /day		