
Scapula Retractions

Level One: Standing

Standing with arms out straight hands against the wall, core engaged. Squeeze the shoulder blades back, causing your chest to move forwards about an inch. Pause and return to the start.



Level Two: Kneeling

On all fours, brace the abdominals, lengthen the neck and retract the shoulder blades (squeezing together) causing the chest to lower about an inch. Pause and return to the start, opening up the shoulder blades.

