

---

## T, Y, W Shoulders

Lying over a stability ball core engaged (straight line shoulders and hips), knees on the floor, so the body position is a 45 degree angle. Place your arms in either the W, T or Y position. Keep the head aligned with the spine. The movement only comes from the shoulder blades. Focus on lifting the arms up, squeezing through the shoulder blades to do this. Avoid arching the lower back. If your back arches take the range of movement to the point where your back starts to arch and no further. Hold the end position for 5-10 seconds and repeat.

T



Y



W

