



W's On Ball

Purpose:

This exercise strengthens all the muscles between your shoulder

Benefit:

This exercise strengthens all the muscles between your shoulder blades

Instructions:

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. Start with your arms bent and out in front of the ball and lift and externally rotate your arms into the W position. Make sure you are squeezing your shoulder blades together as you lift. Repeat back and forth!

Quantity:

Do _____ reps _____ sets.

