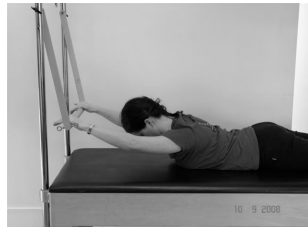


TOWER BAR SHOULDER SQUEEZE



Starting Position

- Lie on your stomach, holding onto the tower bar
- Keep your neck in alignment with the rest of your spine



Movement

- Exhale. Squeeze your shoulder blades together and down your back bringing the tower bar towards you
- Inhale. Hold in this position
- Exhale release your shoulder blades to the starting position and drop your forehead to the mat
- Repeat 3 – 5 times

Notes:

- Look straight down onto the Cadillac to avoid straining your neck
- Draw your abdominal muscles in to avoid arching your back