

## REFORMER RHOMBOID EXERCISE



### Starting Position

- Kneel facing the back of the reformer, with your knees against the shoulder rests and your body upright
- Thread your arms through the straps and place them on your forearms, elbows bent to a 90 degree angle
- Make sure elbows are at shoulder height, with your palms towards you



### Movement

- Exhale. Set the muscles between your shoulder blades
- Keep your elbows on the same horizontal line and hold the 90 degree angle, move your elbows out to each side
- Inhale. Hold in this position
- Exhale. Keep tension in the straps and slowly return your arms to the starting position
- Repeat 5 -10 times

### Notes:

- Maintain tension on the straps throughout the exercise
- Keep your shoulders and neck relaxed
- Use your abdominal muscles to keep your trunk stable throughout the movement
- Avoid letting your shoulders roll forward or your rib cage flaring