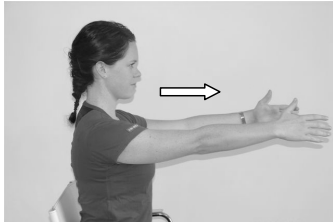
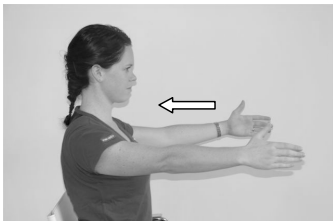


SHOULDER SLIDES



Starting Position

- Sit on a chair or swiss ball
- Arms reaching out in front of you



Movement

- Inhale. Reach your arms forward to allow the shoulder blades to separate in your back, without allowing the chest to collapse
- Exhale. Return back to a neutral position
- Inhale. Squeeze your shoulder blades together without arching your back
- Exhale. Return to a neutral position