

TOWER BAR SHOULDER SLIDES



Starting Position

- Lie on your back with knees bent
- Arms reaching to the ceiling
- Hold onto the tower bar with your hands shoulder width apart



Movement

- Inhale. Slide shoulder blades closer together without arching your back
- Exhale. Return the shoulder blades to the starting position
- Repeat 3 – 4 times, inhale
- Slide shoulder blades away from each other, reaching the bar to the ceiling without caving the chest in
- Exhale. Return the shoulder blades to the starting position
- Repeat 3 – 4 times

Notes:

- Keep your neck muscles relaxed onto the mat throughout the exercise