

TOWER BAR SHOULDER STABILITY EXERCISE



Starting Position

- Stand facing away from the Cadillac
- Hold onto the outer edge of the tower bar



Movement

- Exhale. Squeeze your shoulder blades together first before moving the bar
- Working the muscles between your shoulder blades slowly pull down the tower bar



- Inhale. Hold in this position
- Exhale. Slowly control the tower bar back up to the starting position working the muscles between your shoulder blades on the return as well
- Repeat 5 times

Notes:

- Keep your shoulders and neck relaxed throughout the exercise