

Rhomboids

Prone Reverse Flye on ball



Exercise Description:

Prone Reverse Flye on ball

Classification:

Rhomboids

Instructions:

- 1) Lie face down with chest supported by a stability ball. Feet should be wider than shoulder width apart for stability.
- 2) Start position: Hold DB's in each hand with neutral grip (palms facing each other) and rest DB's on floor directly under shoulders.
- 3) With elbows slightly bent and facing the ceiling, raise DB's to shoulder level and squeeze shoulder blades together at top of movement.
- 4) Return to start position.

Reverse Flye with tubing



Exercise Description:

Reverse Flye with tubing

Classification:

Rhomboids

Instructions:

- 1) Secure door strap at chest height.
- 2) Stand shoulder width apart, knees slightly bent with one foot in front of the other (staggered stance).
- 3) Start position: Extend arms out in front at shoulder height and grasp each handle with

a neutral grip (palms facing each other).

4) With elbows slightly bent pull arms back by squeezing shoulder blades together.

5) Return to start position.

Reverse Fly with Cobra



Exercise Description:

Reverse Fly with Cobra

Classification:

Rhomboids

Instructions:

1. Start by lying face down on the ball below your abdomen and hold dumbbells down towards the ground.
2. Slowly arch your lower back and hold this position. While holding this position bring the dumbbells out and up until parallel with your shoulders.
3. Pinch your shoulder blades in towards your spine while doing this.
4. Return to the starting position and repeat for the recommended repetitions.

Prone Retractions with Dumbbells



Exercise Description:

Prone Retractions with Dumbbells

Classification:

Rhomboids

Instructions:

1. Start by lying face down on a flat bench. Holding light dumbbells out to your side.
2. Slowly lower the dumbbells only a few inches down below parallel and then retract your shoulder blades and lift the dumbbells up to parallel or slightly above.
3. Your hands can be in a thumbs up position or thumbs forward position.

4. This is a slow and controlled movement with the focus on squeezing your shoulder blades together.

DB One Arm Reverse Fly



Exercise Description:

DB One Arm Reverse Fly

Classification:

Rhomboids

Instructions:

1. Start by lying face down on a bench and hold a dumbbell in one hand with your arm hanging straight down.
2. Proceed to pinch your shoulder blade in towards your spine while you raise your arm up and out to the side.
3. Once your arm reaches parallel with your body then return to the starting position and repeat for the desired repetitions.
4. Repeat with the other arm.

Seated Reverse Flyes with bands



Exercise Description:

Seated Reverse Flyes with bands

Classification:

Rhomboids

Instructions:

1. Start by sitting on a stability ball and grab each band handle at arms length.
2. Keeping your arms semi-straight bring them out and back until your arms are parallel with your body.
3. Make sure you squeeze your shoulder blades together while completing this exercise.

One Arm Scapular Retraction



Exercise Description:

One Arm Scapular Retraction

Classification:

Rhomboids

Instructions:

1. Start by kneeling on all fours.
2. In a slow and controlled movement raise one arm out to the side until it is parallel with your body.
3. Squeeze your shoulder blade towards your spine while completing the movement.
4. Return to the starting position and repeat for the suggested repetitions.
5. Repeat with the other arm.