

Shoulders (bodyweight)

Protraction



Exercise Description:

Protraction

Classification:

Shoulders (bodyweight)

Instructions:

- 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.
- 2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.
- 3) Start position: Extend the elbows and raise the body off the floor.
- 4) Extend at the elbows and pressing up at the shoulders separating the shoulder blades and arching the upper back.
- 5) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Avoid hyperextension of the low back.