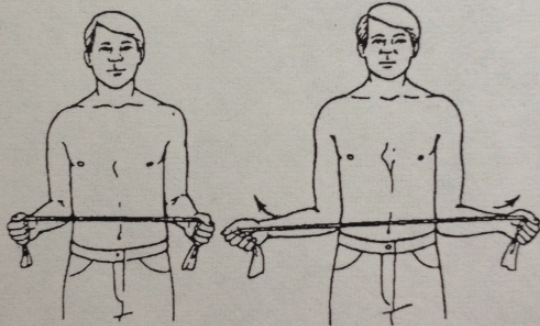


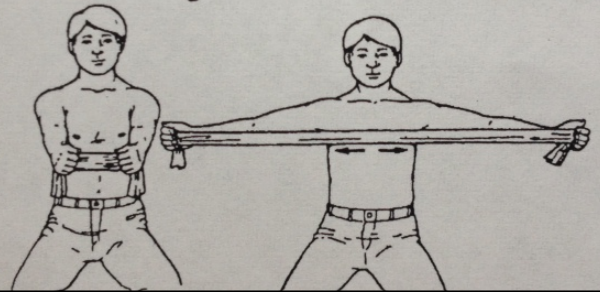
Tubing Double External Rotations

Keeping the elbows at the side and bent 90 degrees, roll the arms outward against the tubing.



Tubing Double Horizontal Abductions

Keeping the arms straight and horizontal to the ground, pull the arms out to the side against the tubing.



Low Tube/Cable Scapular Squeezes

Standing with rubber tubing looped around a door handle, (or using a cable machine), elbows straight, pull the arms back to the side, squeezing the shoulder blades together and pull the arms back.

