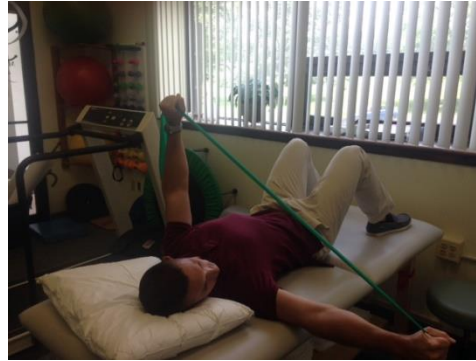
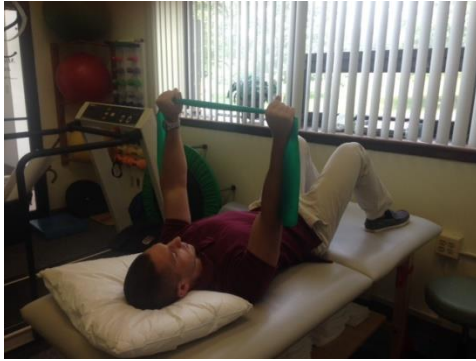


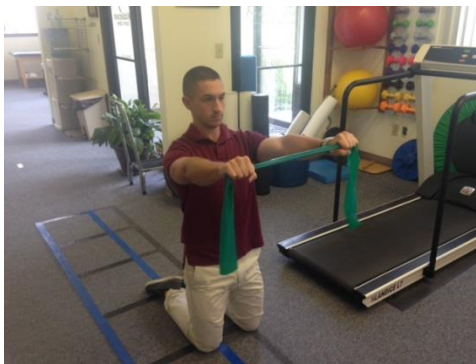
## 9→3 Progressions

### Supine



Lying on your back with knees bent, grab the TheraBand shoulder width apart and hold overhead in the 12 o'clock position. Begin by setting your shoulder blades. Keeping the left arm straight overhead, bring the right arm down to the side at the 3 o'clock position (you should feel a pinch in the right shoulder blade!), then control the right arm back to the starting position. Be sure to rotate your head, following the moving hand with your eyes as you go through the motion. Perform on the opposite side, taking the left arm to the 9 o'clock position (feel the pinch in the left shoulder blade!). Continue to alternate to each side and make sure you are maintaining a neutral spine.

### Tall-Kneel



Kneel on the floor with your knees, hips and shoulders in a straight line. Set your shoulder blades and engage your core to maintain this position. Continue with the 9→3 movement pattern as described above.

### Standing

Stand with proper posture, feet shoulder width apart and set your shoulder blades. Continue with the 9→3 movement pattern as described above.