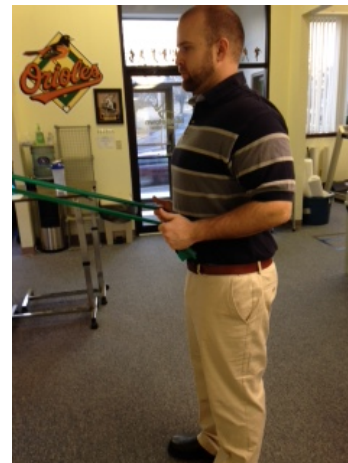
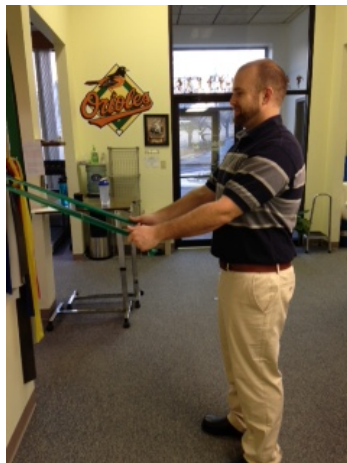


# Inter Scapular Exercises



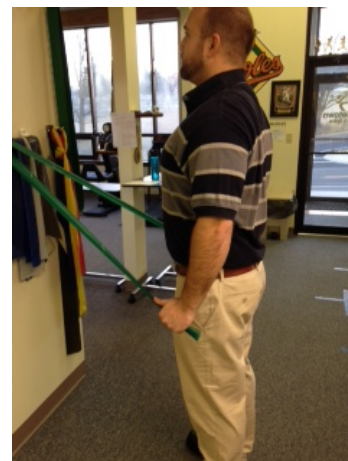
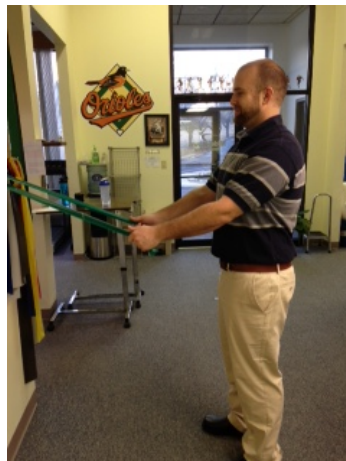
## Rows

Begin with good posture, thumbs towards the ceiling, and slight tension on the band. Keep your forearms parallel to the floor while pulling the band towards you, accentuating a squeeze in the lower part of your shoulder blades.



## Extensions

Begin with good posture, thumbs towards the ceiling, and slight tension on the band. Keep your elbows straight through the duration of the exercise. Pull the band down to your pockets while getting a squeeze in the lower part of your shoulder blades.



## External Rotation

Begin with good posture, palms facing up and slight tension on the band. While keeping your elbows tight on your sides, turn your hands out and squeeze the lower part of your shoulder blades together.

