

Shoulder Drawback



- Sit on a chair or bench with your arms extended in front of you
- Keeping your posture tall and your arms straight (don't bend at the elbow), squeeze your shoulder blades together as far as you can
- Return to the start position. Repeat as many times as necessary to feel the tightness between your shoulder blades
- The next step is to squeeze your shoulder blades together as before, but this time, bend your elbows and pull them behind you as far as you can. Your hands and elbows should remain at shoulder height throughout the motion
- Return slowly to the start position and repeat

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
