

Scapular Wall Slide

Back



1 - Stand upright a few inches away from a wall with your back against it and your hands at shoulder level with your elbows bent.

2 - Squeeze your shoulder blades together and slide your hands up the wall to a straight arm position.

Wall Squat Lat Raise

Shoulders



- Stand with your back against a wall holding dumbbells by your sides.

1 - Slide your back down the wall, coming into a squat position, bending at the hips and knees and keeping the dumbbells at your sides with your arms straight.

2 - Raise the dumbbells up and outward to the sides to shoulder height, bending at the elbows.

Wall Squat Press

Shoulders



- Stand with your back against a wall holding dumbbells by your sides.

1 - Slide your back down the wall, coming into a squat position, bending at the hips and knees and keeping the dumbbells at your sides with your arms straight.

2 - Raise the dumbbells up and outward to the sides to shoulder height, keeping your arms straight or with a slight bend at the elbows.

Wall Squat

Legs



1 - Stand with your arms by your sides and a Swiss ball positioned in your low back level against a wall.

2 - Squat down lowering your body towards the floor and rolling your back along the ball.

3 - Push through your heels to return to start position.