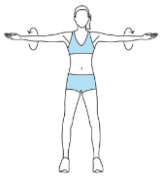
POSTURAL CORRECTION-UPPER TORSO

WARM-UP

1) Arm Circles (2 minutes - variable diameter until fatigued)
1) Clockwise
2) Counter-Clockwise



WEIGHT TRAINING EXCERCISES

2) 3 X 12 Reverse-Butterfly (face down)
Approx._____lbs.

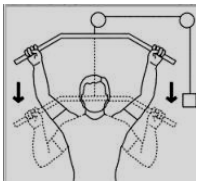
3) 3 x 12 Shoulder Shrug (forward & reverse)

Approx._____lbs.

4) 3 x 12 Right One Arm Row (flat back, lawn mower starter)
Approx._____lbs.
3 x 12 Left One Arm Row (flat back, lawn mower starter)
Approx._____lbs

5) 3 x 12 Straight Back Rowing (rowing machine or Thera Bands)

6) 3 X 12 Pull Downs / Lat Pulls (weight machine or Thera Bands)



STRETCHES

7) Pectorals Stretch / Press (door way or room corner)
60 degrees
90 degrees
120 degrees