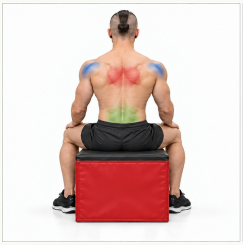
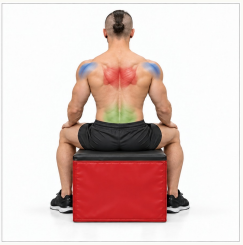
# Exercise technique

## Supported shoulder-blade control

**6-10 easy repetitions**



START / relaxed shoulders



FINISH / gentle blade control

**GRIP / No loaded hand grip**

SETUP / Stable box; hands resting on thighs; no band.

MOVE / Gently guide the shoulder blades toward one another.

RETURN / Release without shrugging or arching.

**MAIN / RED**
Middle trapezius and rhomboids gently retract the shoulder blades.

**SECONDARY / BLUE**
Posterior shoulder and rotator-cuff muscles help steady the arms while the shoulder blades move. Use a gentle movement, not a maximal squeeze.

**SUPPORT / GREEN**
box, feet and light trunk control maintain an upright seated position.

**OPTIONAL PREPARATION / BODYWEIGHT**