

Active Health Solutions

Shoulder Strengthening - Hitchhiker



Make sure you...

- Maintain neutral pelvis
- Maintain abdominal bracing/kegel
- BREATHE
- Maintain slight chin retraction
- Do the exercise slowly
- STOP if pain is aggravated, but muscle burn is OK

	Repetitions
	Sets
	Second Hold
	Times per day/week



Begin with your pelvis firmly anchored on a stability ball and your legs straight. With both arms extended out from the shoulders like a "T" rotate your arms so that your thumbs point towards the ceiling. Lift the arms straight up towards the ceiling and squeeze your shoulder blades toward your spine. This exercise can also be performed on a bed.