

TOWER BAR ARM STRETCH



Starting Position

- Sit on a chair or ball beside the Cadillac
- Hold onto the tower bar with your palm facing you
- Relax your neck and shoulders



Movement

- Exhale. With your arm relaxed let the spring bar stretch your arm up
- Keep your shoulder down – do not let it lift up when your arm stretches up
- Work the muscles on the inside of your shoulder blade to keep your shoulder from lifting up



- Inhale. Hold your shoulder in this position
- Exhale. Slowly lower your arm to the starting position
- Repeat 5 times

Notes:

- It is a good idea to initially do this exercise in front of a mirror