

THERABAND WAITER



Starting Position

- Stand or sit, hold onto the theraband with palms facing the ceiling
- The theraband passes behind your back
- Elbows bent to 90 degrees and tucked into your sides



Movement

- Engage the muscles between your shoulder blades and lengthen across the front of your chest
- Move your forearms from directly in front of you – out to each side



- Exhale. Engaging the muscles between your shoulder blades slowly move your elbows away from your body.
- Inhale. Hold in this position before slowly returning your elbows into your sides and taking your arms back to the starting position
- Repeat 5 – 10 times

Notes:

- Keep your neck muscles relaxed throughout the exercise
- Hold the band with your thumb, keeping your hands relaxed and palms facing the ceiling