

## TOWER BAR SHOULDER STRETCH



### Starting Position

- Lie on your back on the Cadillac with your knees bent and feet flat
- Hold onto the tower bar with your hands shoulder width apart



### Movement

- Inhale. Squeeze your shoulder blades together
- Bend your elbows and bring the bar towards you



- Exhale. Keep working the muscles between your shoulder blades and slowly straighten your arms over your head
- Do this movement without your shoulders raising up to your ears or your back arching
- Repeat 5 times

### Notes:

- Do the exercise slowly with control and work the stability muscles around your shoulders