



## SELF-MANAGEMENT 26-3 *Serratus Anterior Progression* (Continued)

flexors. You should be able to reduce the arch of your back more easily.



Level III, start position

### *Movement*

- technique:*
- Lift your arms in front of your body with your elbows straight.
  - Try to bring the arms all the way back to the wall, but stop if you feel your back arching or your shoulders shrugging.

- Slowly lower your arms to your side, ensuring your shoulders stay back against the wall and do not roll forward.



Level III, mid position

### *Dosage*

*Weight* \_\_\_\_\_

*Sets/repetitions* \_\_\_\_\_

*Frequency* \_\_\_\_\_