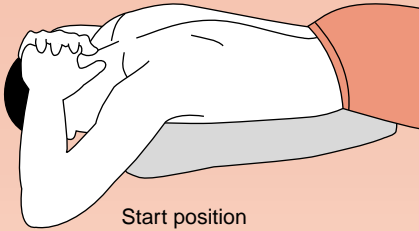




Purpose: To strengthen the middle and lower trapezius

Starting position: Lie on your stomach with at least one pillow under your abdomen. Place your hands on the back of your head. Use this position for levels I through III.



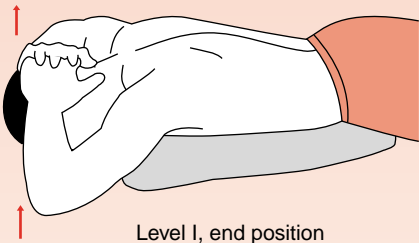
Start position

Movement technique:

Level I: Stomach-lying elbow lifts (target muscles: middle and lower trapezius)

Barely lift your elbows. Keep your neck muscles (upper trapezius) relaxed, and contract the region between your shoulder blades (lower trapezius). Keep the contraction *just enough* to lift the elbows so as not to use rhomboids to adduct the shoulder blades.

- Hold the contraction for 5 seconds.
- Lower the elbows and repeat.
- Stop when your neck muscles become more tense; this is an indication that the middle and lower trapezius are fatiguing and that you should stop and rest.



Level I, end position

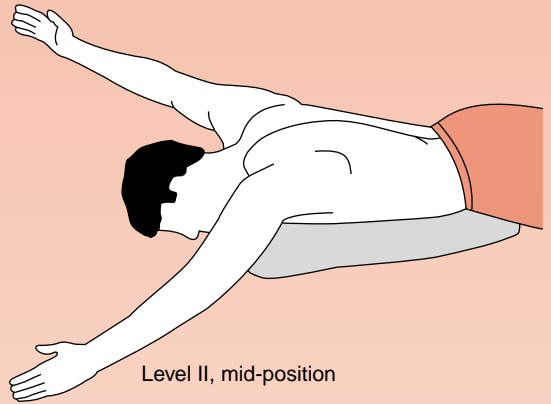
Dosage

Sets/repetitions _____
Frequency _____

Level II: Stomach-lying elbow lift with arms extended (target muscles: middle and lower trapezius)

Barely lift your elbows. Keep your neck muscles (upper trapezius) relaxed, and contract the region between your shoulder blades (lower trapezius). Keep the contraction just enough to lift the elbows so as not to use rhomboids to adduct the shoulder blades.

- Slowly extend your elbows so that your arms are straight. Bend your elbows so that the hands return to the position behind your head.



Level II, mid-position

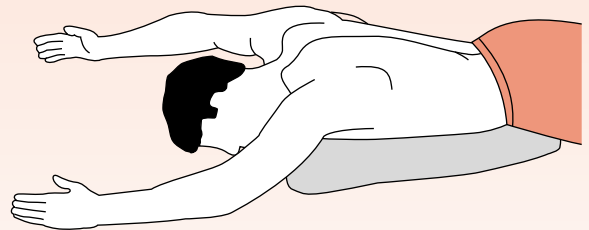
Dosage

Sets/repetitions _____
Frequency _____

Level III: Stomach-lying elbow lift with arm extension overhead (target muscles: middle and lower trapezius)

Barely lift your elbows. Keep your neck muscles (upper trapezius) relaxed, and contract the region between your shoulder blades (lower trapezius). Keep the contraction just enough to lift the elbows so as not to use rhomboids to adduct the shoulder blades.

- As you extend your elbows while raising your arms overhead, be sure not to tense your neck muscles (upper trapezius) during this level of exercise. If you are unable to keep your neck muscles relatively relaxed, you may not be ready for this level of exercise.
- Return your hands to your head, lower your elbows, and relax.



Level III

Dosage

Sets/repetitions _____
Frequency _____

(continued)