

Y's – W's – T's – L's

Step-by-Step Instructions

1. Start by bringing both arms up with your elbows locked and make a “Y”. Point the thumbs back behind you. With each exercise pinch the shoulder blades together and tuck your chin. Work your way up to hold for 30 seconds.
2. Next, bend your elbows so they make 90° angles and you are creating a “W”. Be sure to keep the elbows at the same height as your shoulders and point your thumbs back behind you. With each exercise pinch the shoulder blades together and tuck your chin. Work your way up to hold for 30 seconds.
3. Next, straighten the arms so that you are now making the letter “T” with your body. Put your hands so your palms are facing upward and the thumbs are pointing back behind you. With each exercise pinch the shoulder blades together and tuck your chin. Work your way up to hold for 30 seconds.
4. Last, bend the elbows so they are in against your side and you are creating an “L” shape. Keep your hands so your palms are facing upward and the thumbs are pointing back behind you. With each exercise pinch the shoulder blades together and tuck your chin. Work your way up to hold for 30 seconds.

