

Swords

Take an athletic stance with the feet slightly wider than shoulder width. Begin with the arm positioned down and across your body holding a resistance band. The resistance band should be secured to the wall beside and slightly behind you at knee-ankle height.

Hold a light contraction in your core muscles and pull the band up and across your body. Concentrate on moving your arm back by pulling your shoulder blade back towards your spine to engage your scapular muscles.

Hold the top position for a few seconds then slowly return to the starting position. As you bring the arm back down let your shoulder blade slide forward a few inches on your rib cage.

Repeat 10-15 times for 3-5 sets.



Notes:

- Focus on pulling the arm back with the shoulder blade
- Keep the core / abdominal muscles contracted during the entire exercise and keep the hips and legs steady for a strong base of support
- As strength improves you can increase the exercise challenge by putting more stretch in the band or performing more repetitions