**BACK STRENGTHENER**

To counteract stooped posture we need to loosen the shoulders and chest and strengthen the upper back.

(1) Wide-Grip Rows
Sit on a chair with shoulders back, back straight, feet planted and knees slightly bent. Using weights or heavy objects (!), hands should be slightly more than shoulder-width apart. Engage core and keeping body upright, pull weights to breast bone...pause and return to start. Do 2 to 5 sets of 10 to 15 reps.

(2) Lat Pull-Downs
Sit body upright and core engaged. Weights above head or use a dynaband, hands slightly wider than shoulder width. Pull weights down to chest squeezing the shoulder blades. Pause, then slowly return to the starting position. Do 2 to 5 sets of 10 to 15 reps.

(3) I, Y, and Ts
For “I”, lie facedown on floor or stability ball and pull shoulder blades back and down. Keep elbows straight, extend arms straight and squeeze shoulder blades together as tight as you can as you lift thumbs towards ceiling. Try to keep your spine and neck straight. Lower back down to the floor. Do 2 to 5 sets of 10 reps. To do “Y,” extend arms at a 45-degree angle above head. To do “T,” extend arms straight out to side.

(4) Wall/Floor Angels
Lie on the floor or lean against a wall, flattening your back from tailbone to the top of your head. Press the backs of your hands and forearms against the wall or floor. Slide your arms above your head, keeping them pressed into the floor or wall. When you've reached a moderate stretch, slide arms back down to starting position. Do 2 to 5 sets of 10 reps.

(5) Twist
Start in table position on your hands and knees. Place left hand on your lower back with palm facing ceiling. Look over your left shoulder and twist toward the ceiling. Keep hips level and don't lean or wobble. To help keep your hips steady, place a foam roller across your calves and sit back onto it. Switch sides and repeat. Do 2 to 5 sets of 10 reps.