



Routine For:
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Mid Back Pain

SHOULDERS - 3 Posterior Deltoids / Rhomboids

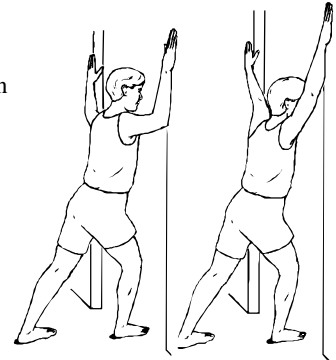
Pull arm across chest until stretch is felt. Turn head away from pull. Hold 15 seconds. Repeat with other arm.



Repeat 1 times.
Do 1-2 sessions per day.

CHEST - 6 Pectorals

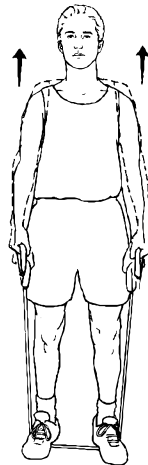
With arms forming a T, lean forward until stretch is felt. Hold 20 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 3 times.
Do 2 sessions per day.

SHOULDER / UPPER BACK - 3 Shrug

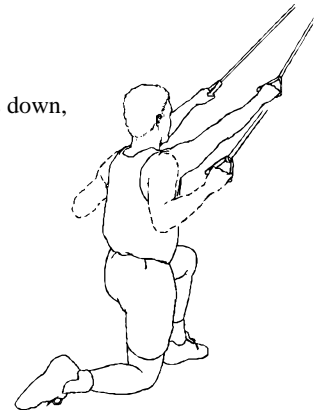
Anchor tubing under feet in parallel stance. Thumbs forward, shrug shoulders up.



Repeat 15 times per set.
Do 2-3 sets per session.
Do 5 sessions per week.

SHOULDER / UPPER BACK - 6 Lat Pull Down: Kneeling

Face anchor, kneeling. Palms down, pull arms down and back, bending elbows.

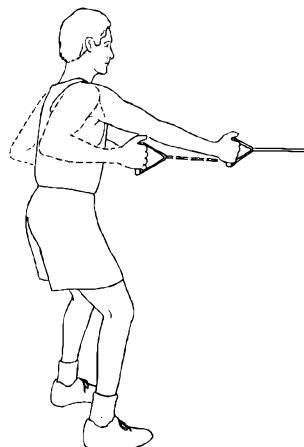


Repeat 15 times per set.
Do 2-3 sets per session.
Do 5 sessions per week.

Anchor Height:
Over Head

MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

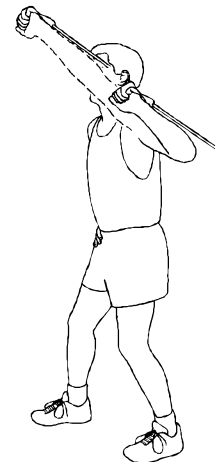


Repeat 15 times per set.
Do 2-3 sets per session.
Do 5 sessions per week.

Anchor Height: Waist

CHEST - 5 Press: Incline - Thumb In (Single Arm)

Face away from anchor in stride stance, leg forward opposite exercising arm. Thumb in, press arm forward and up.



Repeat 15 times per set.
Repeat with other arm.
Do 2-3 sets per session.
Do 5 sessions per week.

Anchor Height: Knee