

TYLW's

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and down squeezing your shoulder blades together as you lift. This is called the T. Next, lift your arms up and down in front of you trying to make the letter Y. Then, with your elbows bent to 90 degrees, lift your elbows to the sky and then externally rotate your arms at the top to make the L. Make sure you squeeze your shoulder blades together throughout all these movements. Finally, start with your arms out in front and lift and externally rotate your arms into the W position

