



Figure 3 Push-pull: (a) beginning position and (b) final position.

Push-pull

Purpose: This exercise is designed to loosen your shoulder blade and train the muscles used during both pushing and pulling motions.

Starting Position:

_ Stand, right arm extended in a punch position, left foot forward

Exercise:

_ Slowly bring your right arm back into a “cocked position” with your fist near your waist

_ Simultaneously, step backward with the opposite foot so that this leg is behind your right foot

_ Repeat the movement slowly and smoothly

Fine tuning:

_ Maintain an upright posture (e.g. avoid slouching or slumping)

_ Allow your shoulder blade to slide down your back as far it will go (e.g. avoid shrugging your shoulder up towards your ear (**Fig. 3**))