



Figure 4 Seatbelt: (a) start position, (b) final position.

### The seatbelt

- \_ Move the origin of the cable or tubing to shoulder height.
- \_ Grasp the handle above your opposite shoulder.
- \_ Starting with light to medium resistance perform scapular setting (pulling your shoulder back and down).
- \_ Turn your body towards the apparatus (see [Fig. 4a](#)).
- \_ Gradually turn your hips and body away from the apparatus as you pull with your hand across your body to your hip (see [Fig. 4b](#)).
- \_ Finish by imagining you are attaching a seatbelt.