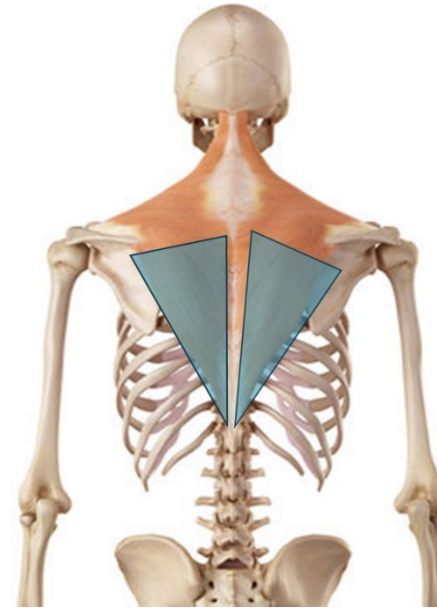


Lower Trap Activation



Ball Size: 75 or 65 CM

- Sitting or standing position.
- Open your arms and allow them to drop slightly from horizontal. View image above.
- Allow your shoulder blades to relax as well.
- In this position, pinch shoulder blades together by activating your lower traps. Hold for 5 – 10 seconds.
- If done right, both shoulders should drop down slightly.
- Perform in front of mirror to view shoulder drop.

- Frequency of activation.
 - Through out the day, as needed.
- Duration of activation
 - 5 – 10 seconds
- Intensity of stretch
 - Mild to moderate contraction.