



POSTURE HOME PROGRAM WEEKS 17-20

As always, aim for once a day on days you're not doing a strength session.

30 SEC PEC STRETCH

https://www.youtube.com/watch?v=k_7rX_wkRAQ

RB PULLAPARTS X 20

<https://www.youtube.com/watch?v=beyD6VE7O0A>

RB TS X 10

<https://www.youtube.com/watch?v=9YRUz5teaTw>

RB YS X 10

<https://www.youtube.com/watch?v=oyvzs5ZOwvU>

RB REAR DELT FLYES X 5

<https://www.youtube.com/watch?v=N3vjNsTyJdg>

RB BENT OVER ROW X 15 LEFT AND RIGHT

<https://www.youtube.com/watch?v=fKPfSjAbd6E>

SCAPULAR WALL SLIDES X 10

<https://www.youtube.com/watch?v=YWm8blgdf08>