

## Upper extremity step up



Assume a push up position in front of a 4-6" box. Make sure shoulder blades are not drawn together.



Place left hand up on box.



Then place right hand up.



Return to start position by taking left hand then right hand off box making sure to prevent shoulder blades from drawing together. Repeat 10-15 times.

## Tripod front raise



Assume a push up position in front of a 4-6" box. Make sure shoulder blades are not drawn together.



Raise left arm up off the ground while keeping trunk straight. Do not let shoulder blade on right arm drop.



Return to start position. Then alternate sides. Repeat 10-15 times.