

1a.



1b.



1c.



1d.



Lower Trap

1a & b. Kneeling on mat, bend forward to rest wrists on roller with thumbs pointed down. Begin with straight arms extended overhead.

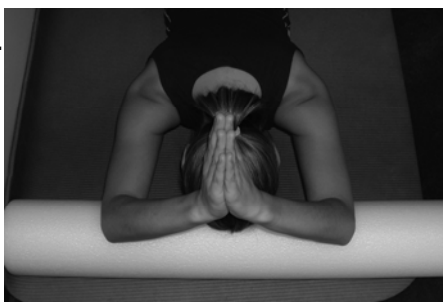
1c & d. Squeeze shoulder blades down and back to initiate the motion. Continue to squeeze shoulder blades as you bend elbows and slowly turn thumbs up, pulling the roller toward you. Keep abdominals engaged to maintain neutral spine position. Slowly reverse the motion. Repeat ____ times.

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Milton Mash

2 a & b. Lie face down with forehead and elbows resting on foam roller and palms together. Press palms together firmly while pulling shoulders down and back. Hold 5 seconds and slowly release. Repeat ____ times.

2a.



2b.

