

### Lower Trap in Quadruped

In quadruped have your knees hip width apart, hips directly above your knees, and shoulders directly above your hands. Draw your navel and ribs in to maintain neutral spine. Keep your upper back lifted by pushing your body away from the floor. Maintain that lifted position as you lift your right arm keeping your right shoulder down your back (using your lower traps.) Slowly lower your arm and repeat on the other side. Repeat 5-10 times for 2 sets. Hold a weight if specified.



### Lower Trap Prone

Repeat above but lying on your stomach on a table with your working arm and shoulder hanging off the table. Repeat 5-10 times then on the other side.