

# Shoulder Strengthening Exercises

## Rhomboids/Middle Trapezius High Row Exercise #1

- Step 1: Sit on floor, Thera-Band looped around bottom of feet, held in hands
- Step 2: Arms shoulder height, elbows bent
- Step 3: Slowly draw elbows backward (bring scapula together), hold 2 seconds
- Step 4: Release slowly
- Step 5: Repeat 8-12 times



## Low Row Exercise #2

### Rhomboids/Middle Trapezius Exercise #2

- Step 1: Sit on floor, Thera-Band looped around bottom of feet, held in hands
- Step 2: Elbows bent, arms at side
- Step 3: Slowly draw elbows backward, bring scapula together, hold 2 seconds
- Step 4: Release slowly
- Step 5: Repeat 8-12 times

