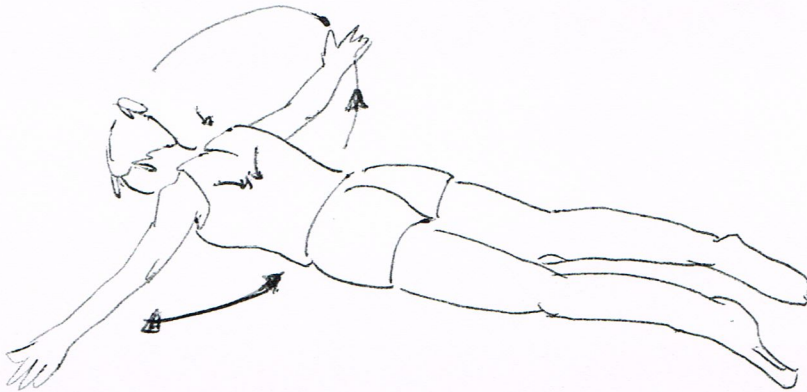


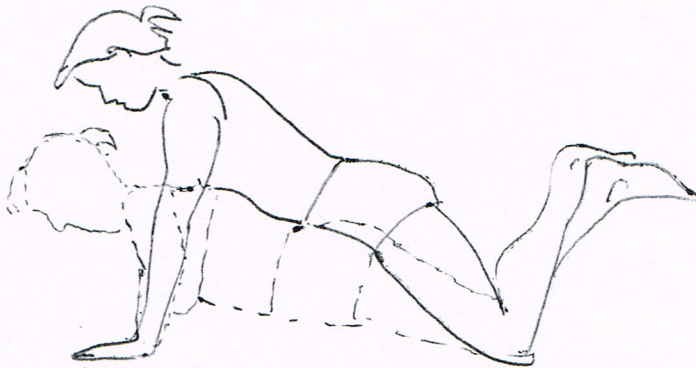
# SHOULDER STRENGTHENING → postural.



mid back strengthen



mid back strengthen



easy push-ups.

- ↳ start on wall
- ↳ progress to table
- ↳ progress to floor
- ↳ progress to toes.