

Supine Rhomboid

GOAL: Duration 1 min

This exercise is meant to activate and strengthen the lower part of the Rhomboid Major and Inferior Trapezius muscle (between the lower part of the shoulder blades), so be sure to concentrate on flexing these muscles.

INSTRUCTION:

Lay on your back with both knees bent and feet flat on the ground. Bring your arms into the 'cowboy surrender' position.

Starting Position



Keeping your wrists on the ground bring your elbows down by pinching the lowest part of shoulder blades together. Ensure your whole arm stays in contact with the ground.

Actions (Stage 2)



*NOTES:

This exercise should be felt right along the spine if done correctly. Hold the end position for 2-5 seconds. Repeat 12 times (movement should be slow and controlled).