

For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=694>

## Face down Shoulder Squeeze

### Exercise Purpose:

To strengthen the your lower trapezius muscles and the muscles below your shoulder blades



### Key Points:

- Lie face down with your forehead (and nose if it's big) on the ground
- Reach your hands towards your feet and place the back of your hands on the ground
- Slowly squeeze your shoulder blades together - down and back
- Keep the back of your hands on the ground the whole time
- Do not lift your head and do not let your shoulders creep up towards your ears throughout
- Breathe out on the way up and breathe in on the way down

\*To increase the endurance of these muscles you may hold at the top of the movement for a period of time.