

Fitness Forum: Put some power and stabilization where they're needed

by CNS

The moves: Exercise band pulls in a "T" posture.

Works on: Shoulder-blade stabilization; posterior deltoid and rotator cuff strength.

SHOULDER ON - Working to strengthen his posterior deltoids and rotator cuff, firefighter Jay Albrandt stretches an exercise band in front of his chest while squeezing his shoulder blades together. CNS Photo by Nadia Borowski Scott. Setup: Performed in a standing position. Choose an exercise band of minimal resistance. Place the arms at shoulder height and straight in front of you with the elbows straight and the palms facing up, thumbs pointing out. Grasp the band in either hand, keeping some slack in it for this starting position.

Steps: Holding the band firmly, simultaneously squeeze the shoulder blades together and spread the arms apart until the band touches your chest. Maintain straight arms at shoulder height. Pause for a two-count and then slowly return and repeat. Adjust the band as needed for the proper resistance.

Repetitions: Three sets of 10-15 repetitions.

Precautions: Do not let the head come forward as you pull. Do not extend your low back (lean back) when pulling.

Options: This exercise can be done with small dumbbells in a bent-over position, but ensure the knees stay bent and protect the back by keeping the back flat and parallel to the ground.

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