

## 2020 Reset: Workout #8

### BACK and POSTURE

Assisted Eccentric Neck Stretch/Strengthen exercise

Standing Bobblehead Exercise

Standing Upper Body Minibands:

- Pull-aparts

- Bicep Curls

- Incline Rows

- Straight Arm Raises

Open/Close - upper body stretch

Prone on floor:

- Modified Superman with Y-raises

- Swimmers - slow then fast flutters

- Dryland Breast Stroke

Hands and Knees:

- Protract/Retract shoulder blades

On Floor

- W-Push ups

- Marching Hip Bridge

- Hip Bridge with Overhead Pull

Brady Band Series - on knees or standing

- 6 straight-arm pulls in each of 4 positions

Seated Banded Row - maintain tall posture, no leaning back

Mini-band Pulldowns, front and back

Flat band external rotations

Stretch