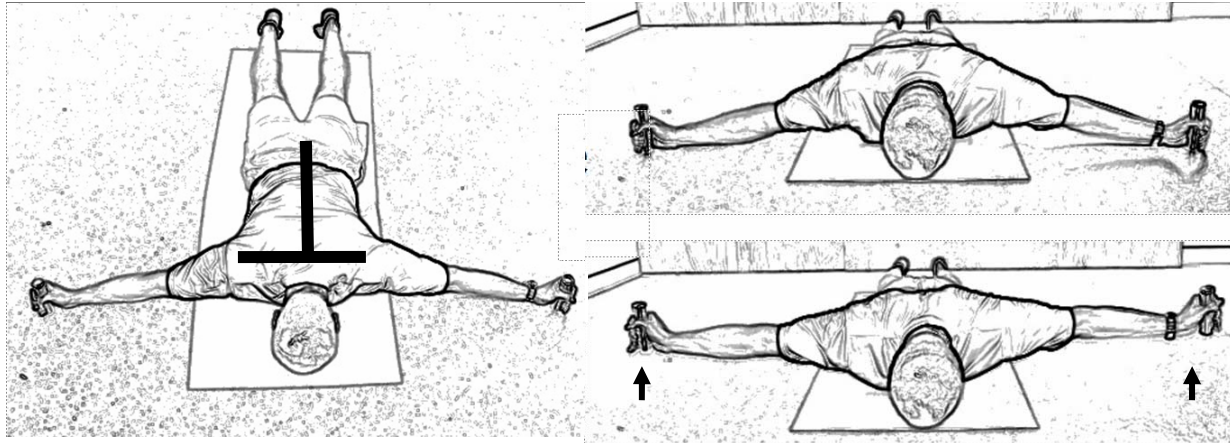




## Prone T Raise



- Lay face down with your forehead on the ground and your arms straight out to your side, forming the shape of the letter “T”.
- Point your thumbs in the air pinch your shoulder blades together as you raise your arms off the ground. Keep your elbows extended.
- With your arms still in the air, try to point your thumbs behind you, toward your feet.
- Lower your arms and repeat.