

gdfgdg



INSTRUCTIONS

BANDED BACK AND SHOULDER DRILL

CATEGORIES: Strength

LEVEL: Beginner

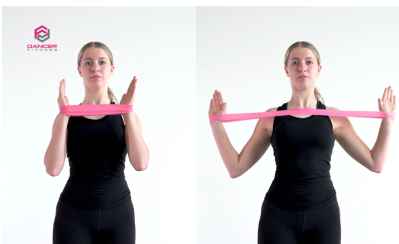
URL: <https://dancer-fitness.com/exercise/banded-back-and-shoulder-drill/>

Back

Shoulders

Turns

Upper Body



STEPS:

- Start with a band around the back side of your hands.
- Bend at the elbow and bring your palms just inside of your shoulders.
- Squeeze your shoulder blades together and pull your palms away from each other until you make a "W". Keep your elbows tight to your sides.
- Keep ribcage down and don't allow hands to pass the shoulders
- Pause for a beat.
- Slowly return your palms to face each other.

Repeat 20 - 25 times.

[-] Remove the band.