

### **Prone T's and I's**

Prone T's/I's help strengthen postural muscles

Lying on your stomach with your arms to your side form a T, while keeping your thumb to the ceiling.

Lower your shoulder blades down and back towards your opposite back pocket.

Raise your arms off the floor about 1 inch. Hold for 5 seconds.

Lower arms, then relax your shoulders.

After three sets of T's perform sets in an I position while having palms toward the floor.

Recommended to begin:

15 reps, 3 sets, 2x a day.

