



SERRATUS PUSH



INSTRUCTIONS

Step 1: Wrap band behind back gripping each end in your hands

Step 2: Maintain a tall posture position, keep neck stationary

Step 3: Reach your hands as far away from your body as possible allowing shoulder blades to round forward

Step 4: Hold this position for ____ seconds before returning to the starting position

Sets: _____ Repetitions: _____ Duration: _____ Frequency: _____