



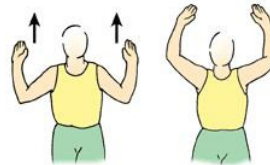
### Upper Back Exercises



Pectoralis stretch



Thoracic extension



Arm slides on wall



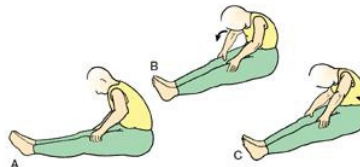
Scapular squeezes



Mid-trap exercise



Rowing exercise



Thoracic stretch