



### Rhomboid Stretch

Sitting upright with good posture, place both arms in front of you with hands resting on your knees. Stretch your arms out in front of you and you will feel a gentle stretch around the shoulder blades.

Video: <http://youtu.be/mU3ZiqxdYQ8>



### Rhomboid Stretch Stronger

Sitting upright with good posture, place both arms in front of you with hands resting on your knees. Stretch your arms out in front of you and you will feel a gentle stretch around the shoulder blades. To make the exercise stronger, cross your arms in front of you and gently tuck your chin down.

Video: <http://youtu.be/p5AZfyYo05s>

### Standing Rhomboid Strengthening

Stand up tall, with good posture. Place your arms at 90 degrees to your side, and palms facing downwards. Squeeze your shoulder blades together as you draw your arms back. You should feel a tightening of the muscles at the bottom of your shoulder blades. This exercise will strengthen your lower trapezius and rhomboid muscles, and help with posture.

Video: <https://youtu.be/8HLhv3vekwc>

