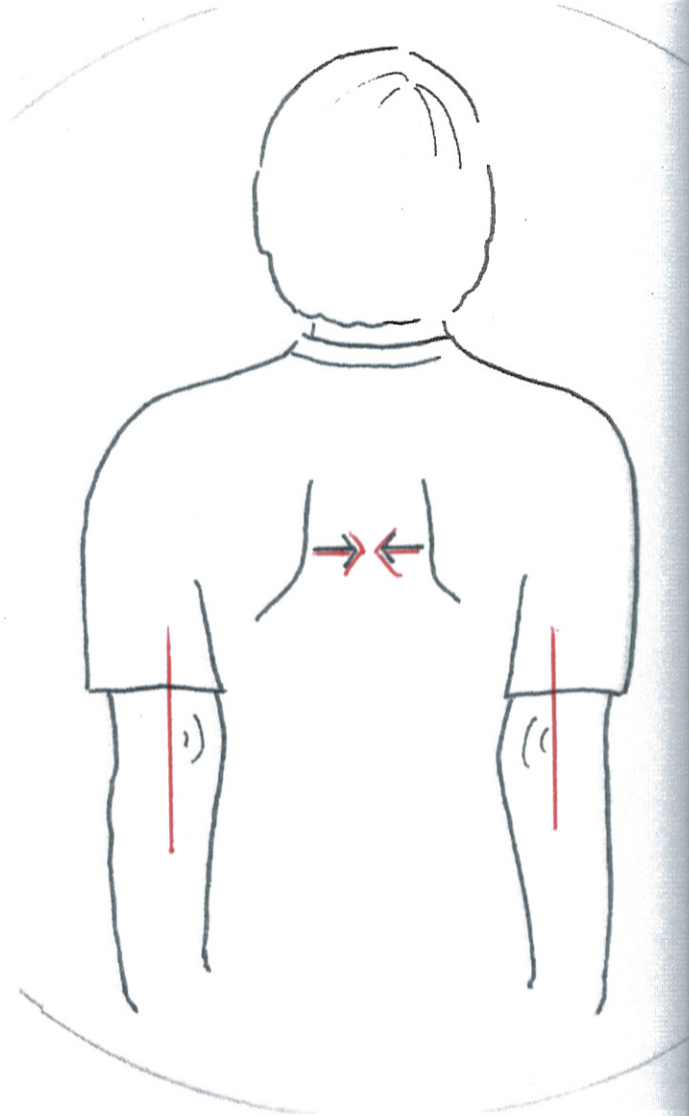
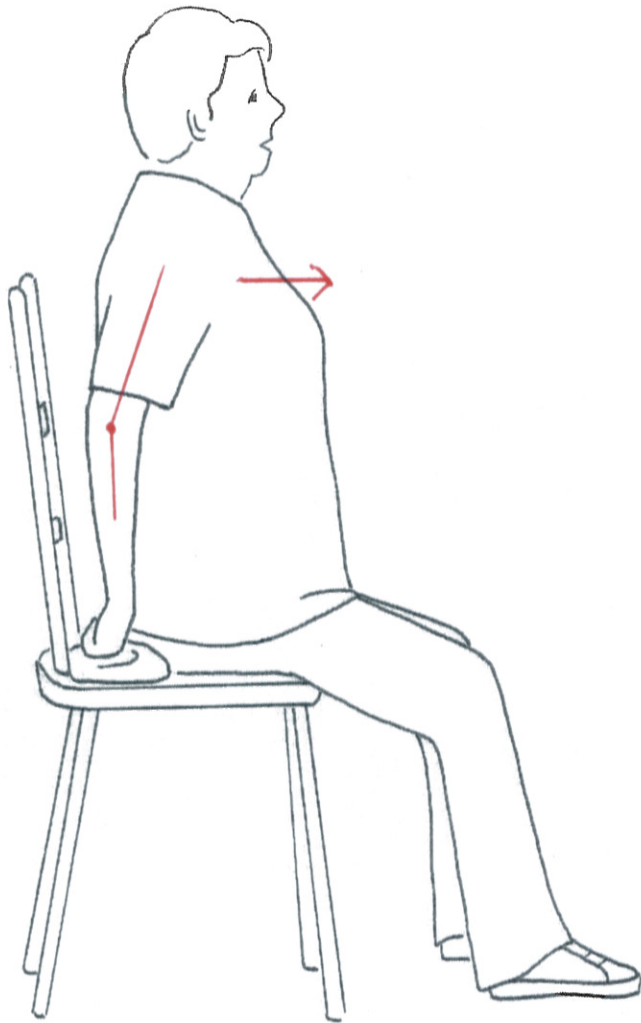


## Shoulder Blade Pinch- Crowing Rooster



**Sit on a chair with a level and firm seat. Slide forward on the seat far enough to allow you to place both fists behind your bottom. Think about a rooster crowing- push your fists into the seat, straightening your elbows and pulling your shoulder blades together. Your chest should push forward. Crow and then relax. Repeat 10 times. These muscles help to support your upper back, and keep you standing as straight as possible.**

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin