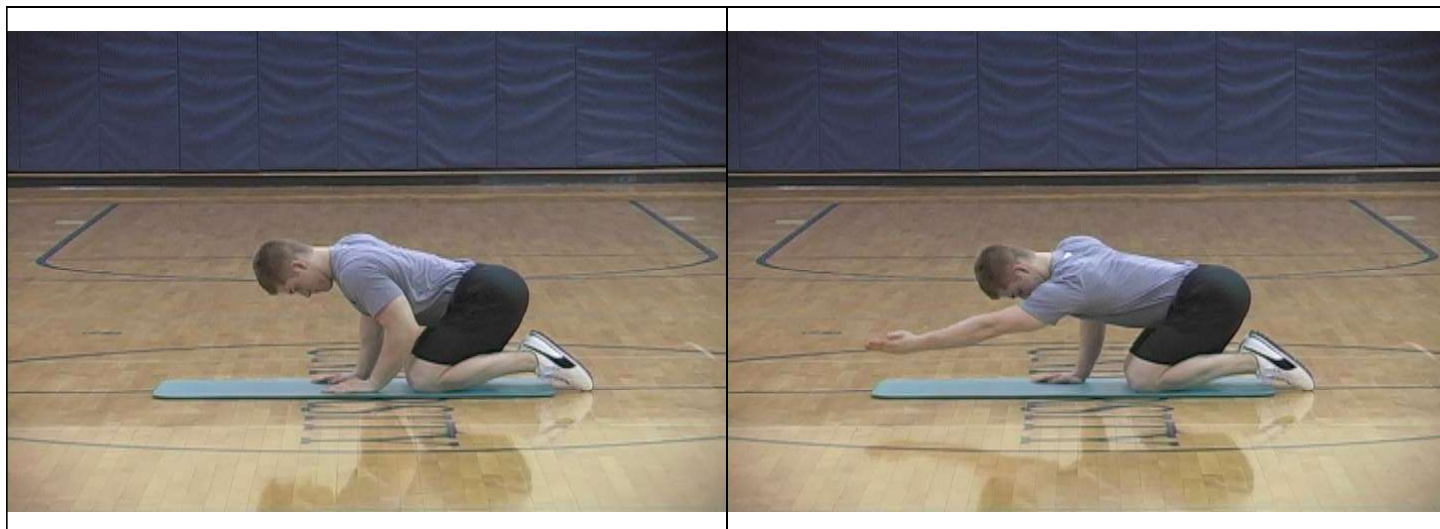


### 17.3 – REACH, ROLL AND LIFT



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve activation and strength in the lower trapezius.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Kneel on the floor with the chest over the thighs in a neutral spine position.</li> <li>▪ The palms should be flat on the floor in front of you.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Slide one hand as far forward as possible. At the end range, and without bending the elbow, externally rotate the arm and “lift” the hand off the ground.</li> <li>▪ Hold for a count of one-one-thousand, and then return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Don’t bend the elbow on the “lift.” Instead, thinking of driving from the scapulae.</li> <li>▪ Don’t allow the chest to rise.</li> </ul>