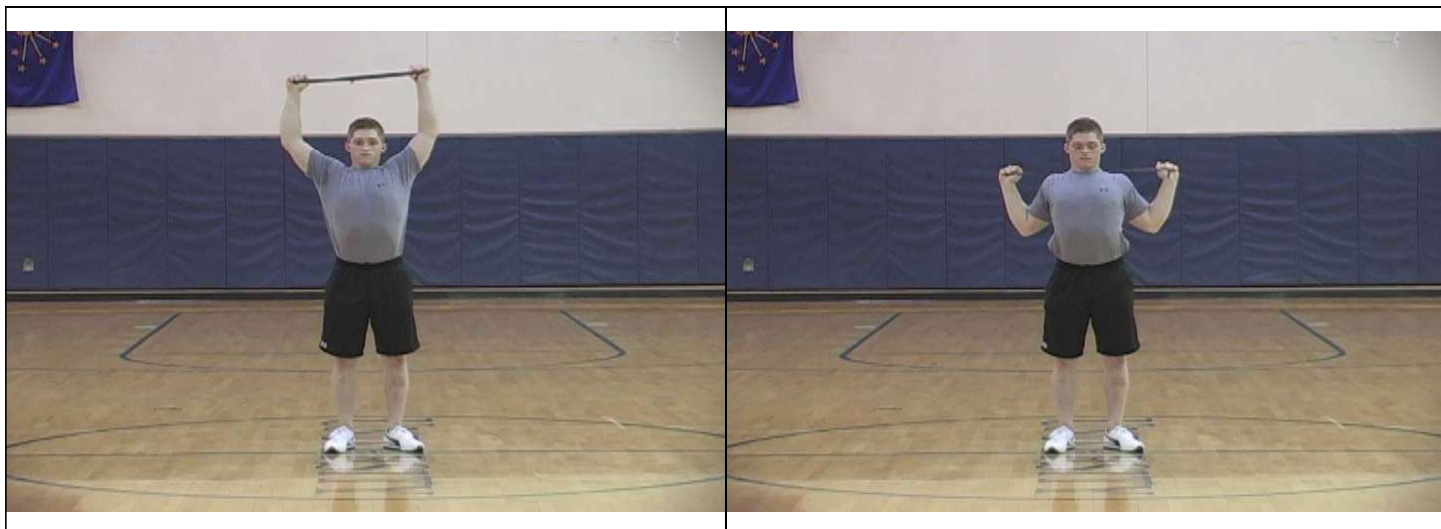


## 17.2 – BEHIND THE NECK PULL-APARTS



<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>▪ Stand up tall and raise your hands up overhead with your hands as far back as they can comfortably go.</li> <li>▪ You will be holding a mini-band with both hands.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ From the starting position, depress the shoulder blades and puff your chest out as you lower the arms to the bottom position. The band will pass behind your head as you go.</li> <li>▪ Hold at the bottom position for a count of one-one-thousand.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Keep the chin tucked and head in-line with the torso throughout.</li> <li>▪ Work through a full range of motion.</li> </ul>