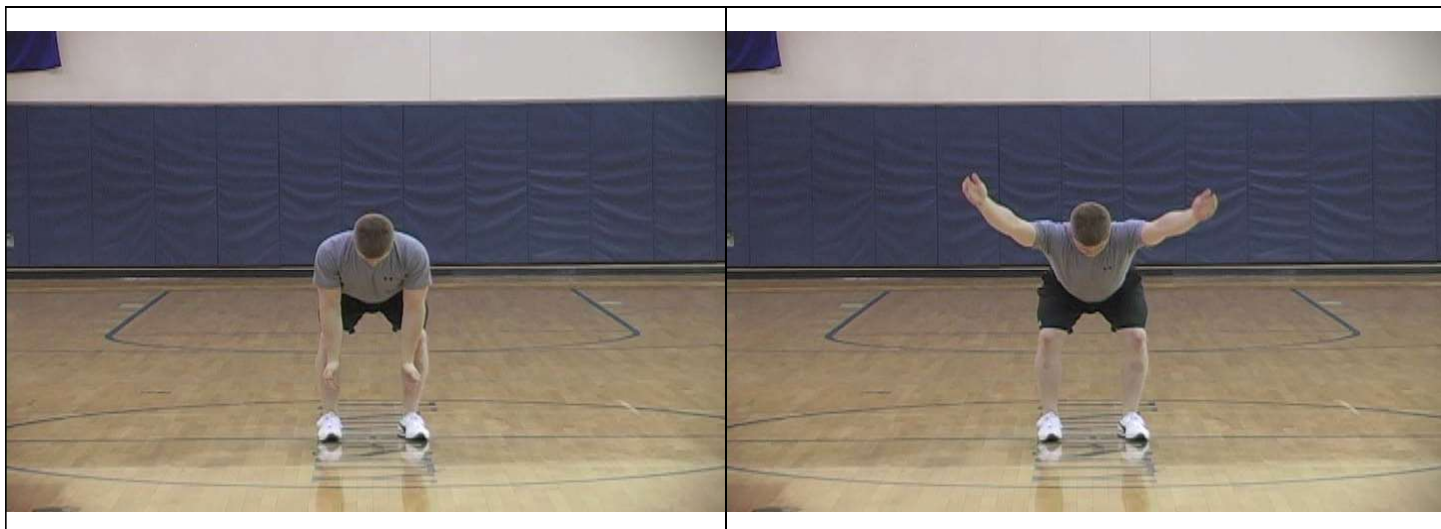


## 18.2 – PRONE TRAP RAISE (Y)



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve upward scapular rotation.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Standing tall with the chin tucked, sit back with an arched back as if you were setting up to deadlift.</li> <li>▪ Your arms should be hanging straight down towards the ground.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Drive through your shoulder blades to raise your arms to the 10 and 2 o'clock positions. The thumbs should be up.</li> <li>▪ Hold for a count of one-one-thousand before lowering to the starting position.</li> <li>▪ Gently brace your core throughout the movement.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Do not allow the upper or lower back to round.</li> <li>▪ Don't allow the head to move, and keep the neck in neutral.</li> <li>▪ Drive from the scapulae – don't just shrug!</li> </ul>