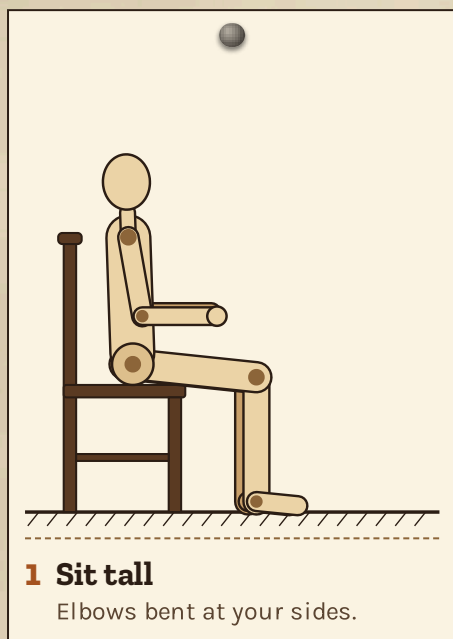


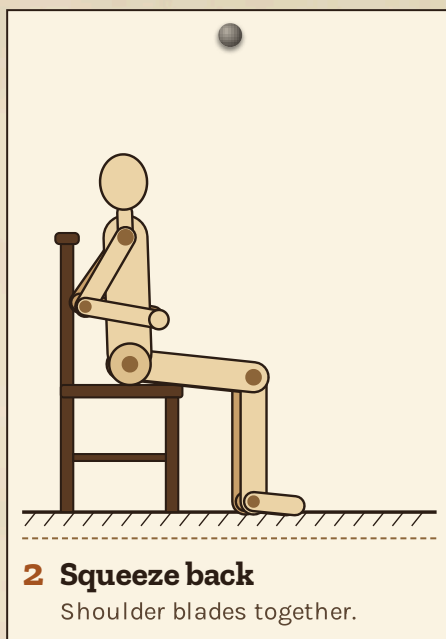


Shoulder-blade squeeze

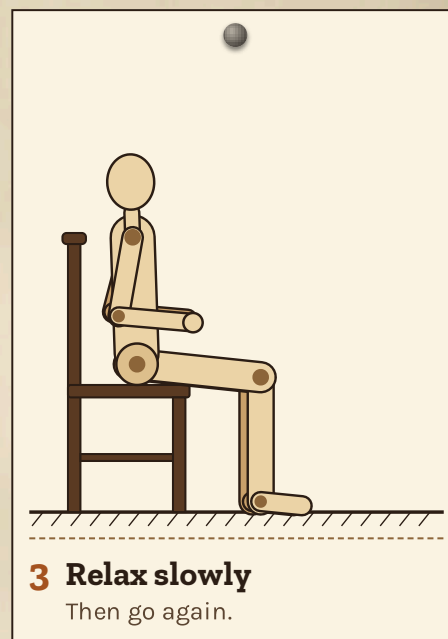
Undoes the hunch from hours bent over a workbench or a phone, and keeps your upper back strong. Done sitting down.

**1 Sit tall**

Elbows bent at your sides.

**2 Squeeze back**

Shoulder blades together.

**3 Relax slowly**

Then go again.

The beat

2 seconds back, hold the squeeze for 2, 2 seconds to relax. 10 squeezes is one set. Rest a minute between sets.

How to do it

1. Sit tall towards the front of a sturdy chair, feet flat on the floor.
2. Bend your elbows to a right angle, hands in front, elbows by your sides.
3. Draw your elbows back and squeeze your shoulder blades together.
4. Hold the squeeze for two seconds, chest up, shoulders down.
5. Relax slowly back to the start.

Make it fit you

Easier

A smaller movement, with just a one-second hold.

Harder

Hold the squeeze for five seconds.

Neck

Keep your chin level and your shoulders away from your ears.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubborncarpenter.com/training/shoulder-blade-squeeze/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.