

Reverse laterals

To strengthen upper and middle back muscles.

Bend forward at hips, knees bent, head up. (This exercise can also be done in a seated position, which is easier.)

Lift hand weights straight out to sides, squeezing shoulder blades together.

Repeat 12-15 times.



DISCLAIMER: The material provided here is solely for general education and informational purpose. It is neither medical nor healthcare advice for any individual problem. It is also not intended to be used for medical treatment. Always seek the advice of your physician or other qualified healthcare providers regarding your particular situation.