



## Strengthen upper back muscles that are important for balanced posture.

- While holding hand weights, bring elbows back, squeeze shoulder blades together and lift chest up.
- With the hand weights touching the top front of pelvic bones on each side, turn hands palm up.
- Hold for 20 seconds. Rest for 10 seconds. Repeat.



*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.*