



## Sitting On Ball Rowing With Tubing

Purpose:

Strengthen parascapular, spinal, and shoulder muscles.

Benefit:

Improves retraction of shoulder blades in address position, creating a more connected swing.

Instructions:

Begin exercise by squeezing shoulder blades back and together, being careful not to hunch up shoulders. When shoulders are squeezed, bring hands to chest slowly. Hold position 2-3 seconds, slowly release hands away, being careful not to lose shoulder blade contraction. Repeat appropriate amount of repetitions.

Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

