



Serratus Punch

Hold cable in hand with palm facing down. Bring shoulder back, and punch out in front of you. Do not shrug the weight and maintain a tight core.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- ADL
- G.F.
- A.T.



Serratus Push-Up Plus

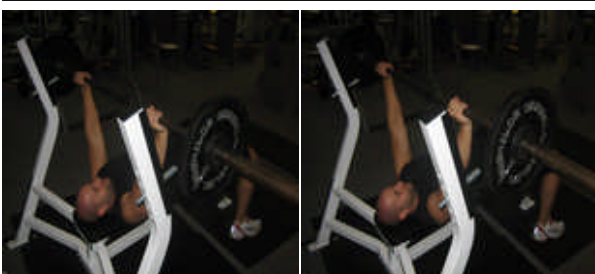
Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- ADI
- G.F.
- A.T.



Barbell Protraction

lying on a bench grab a bar and protract shoulders.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- ST
- AT
- GF