



**Power Shrug**

keep feet shoulder width apart  
grip bar shoulder width  
elevate shoulders by contracting traps in  
explosive manner

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:

P.T.  
A.T.



**'Brugger' Postural Relief Position**

Sitting at edge of chair, feet and knees wider than pelvic width and rotated slightly outward. Maintaining a chin tuck, raise chest up, allowing spine to relax into a gentle arch. Relax shoulders and rotate arms / hands so that thumbs point backward. Hold, breath, release and repeat throughout the day.

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

To retract and depress the scapula.

Notes:

All Except Power and S.T.