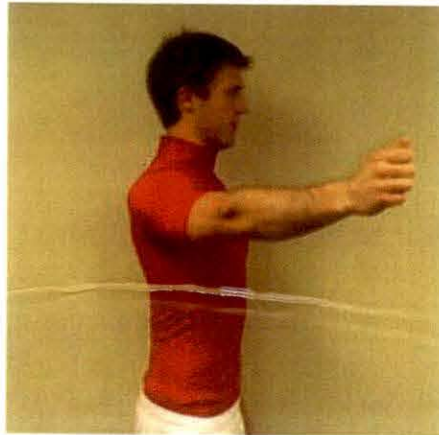
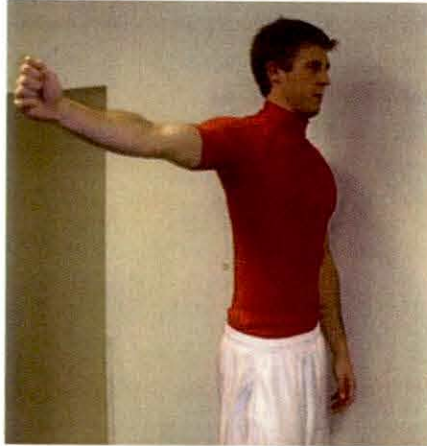


Flexion, Abduction and Scaption to 90° without Upper Trapezius Substitution



Begin this exercise by pinching your shoulder blades together. Next raise your arm up 90° or parallel to the floor without using any momentum from your body or by substituting muscle patterns. The next variation of the exercise is raising your arm straight out to the side as seen in the 2nd picture. Again focusing on not using momentum or muscle substitutions and only raising your arm to shoulder level. The final variation is at a 45° angle from your side into a direction known as scaption.