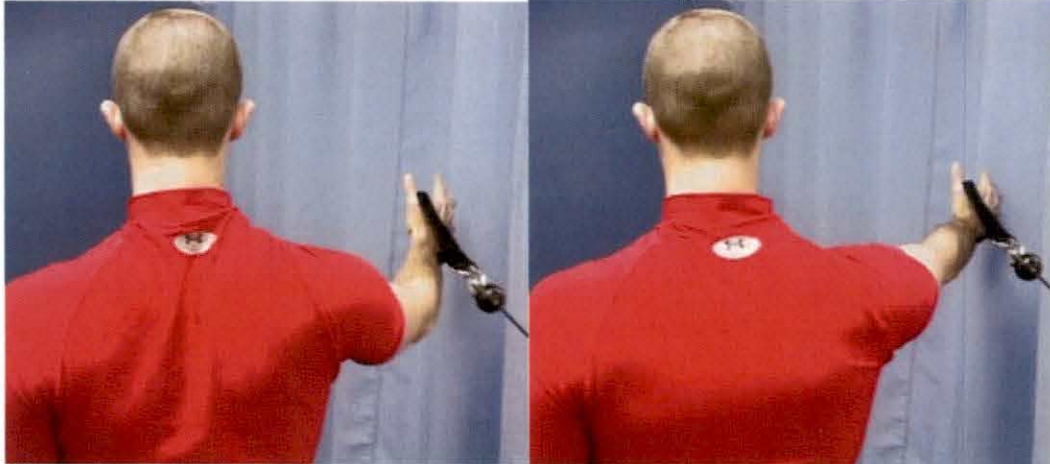


Serratus Punch into Scaption



Begin this exercise in 90 degrees of scaption, in the transverse plane, out at an angle. Keep your elbow extended and reach forward. Next focus on extending your arm even further by protracted your scapulae or rotating it further away from the midline of your spine. Avoid using your upper trap. in assisting with the movement. Make note that by also concentrating on scapular depression with this that the upper trap. will become inhibited.