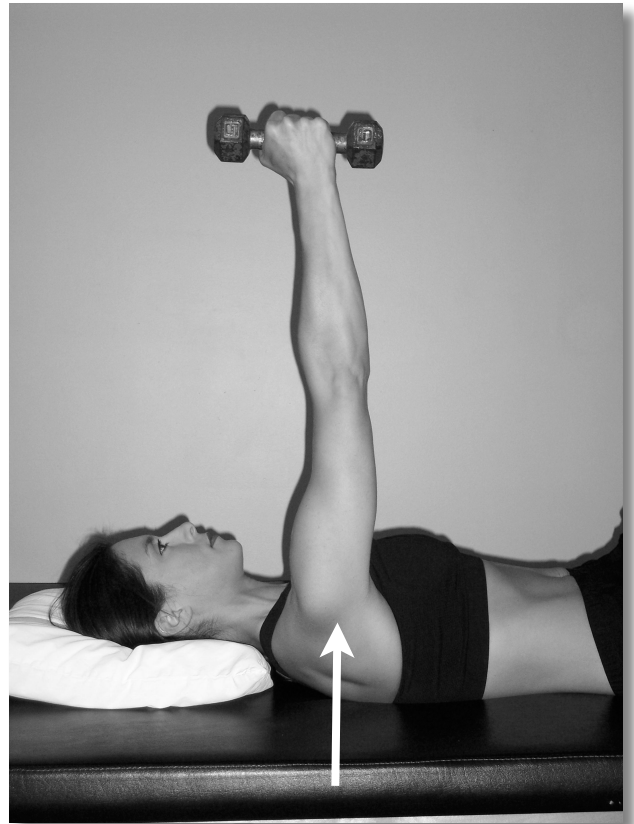


Ceiling Punches



- Lie on your back with a pillow under your head.
- Hold a _____ lbs dumbbell with your elbow extended and locked straight as pictured.
- Reach toward the ceiling raising your shoulder blade off the table.
- Lower your shoulder blade without bending your elbow.
- Perform 20 times or until fatigue, whichever comes first.