

I's, T's, and Y's Exercises

"I" Position

Keep your ears, shoulders, hips, knees, and ankles all in a straight line. The chest should be up to engage the low back and the shoulder blades back and down. The head is looking down so the body remains straight and the chin slightly tucked.

Version One: Move your arms slowly up and down toward the floor, but keep your shoulders back and down. Perform 2 sets of 10 repetitions.

Version Two: Hold this position for 30 seconds. Repeat 3 times. Add a 1-3 pound weight in your hands as you improve in strength to increase the difficulty level.



"T" Position

Keep your ears, shoulders, hips, knees, and ankles all in a straight line. The chest should be up to engage the low back and the shoulder blades back and down. The head is looking down so the body remains straight and the chin slightly tucked.

Version One: Move your arms slowly up and down toward the floor, but keep your shoulders back and down. Perform 2 sets of 10 repetitions.

Version Two: Hold this position for 30 seconds. Repeat 3 times. Add a 1-3 pound weight in your hands as you improve in strength to increase the difficulty level.



"Y" Position

Keep your ears, shoulders, hips, knees, and ankles all in a straight line. The chest should be up to engage the low back and the shoulder blades back and down. The head is looking down so the body remains straight and the chin slightly tucked.

Version One: Move your arms slowly up and down toward the floor, but keep your shoulders back and down. Perform 2 sets of 10 repetitions.

Version Two: Hold this position for 30 seconds. Repeat 3 times. Add a 1-3 pound weight in your hands as you improve in strength to increase the difficulty level.

