

Mid Back Stability Exercises

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.

Repeat for 3 sessions per week - Rest 1-2 minutes between sets and exercises. Alternate between sessions one and two as you go.

Day One

[Supine breathing – 3 sets of 5 breaths](#)

[Finger Extensions – 2 sets of 8](#)

[Y Raises – 3 sets of 8](#)

[Scap Press ups – 3 sets of 8-12](#)

[Hovers – 2 sets of 30-45 seconds](#)

Day Two

[Bottoms up KB – 3 sets of 6-8 slow reps](#)

[Tricep Isometrics – 3 sets of 30 seconds](#)

[Wall Pogo – 2 sets of 12](#)

[Up and Out – 3 sets of 30 seconds](#)

[Wall Angels – 3 sets of 8-12](#)

Finish each session with:

[Pec Stretch – 30 seconds x 2](#)

[SL Breathing – 5 breaths x 2](#)

[All Four Abs – 5 breaths x 2](#)