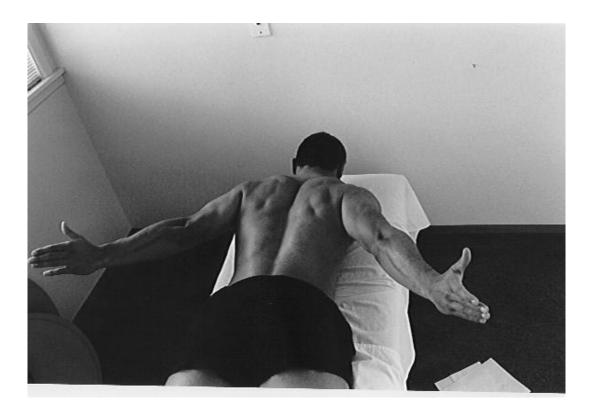
REDWOOD PHYSIOTHERAPY CLINIC

199 Main North Road, Christchurch; PH - 03 3529900



Prone Fly



- Lie on front with head down
- Brace shoulder blades back and down
- Turn thumbs out and up and lift arms up
- Brace abdominals
- Hold ____seconds