

**SYNERGY**



# THE THORACIC Target Exercises

## SERIES I: AROM STRETCHING

The Anchor Stretch



The Upper Back Stretch



Neck Glide



Corner Chest Stretch



Shoulder Square Shrugs

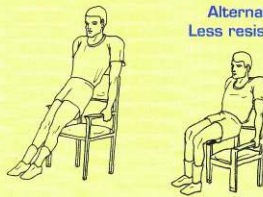


## SERIES II: GENTLE STRENGTHENING

Wall Push



Chair Lift

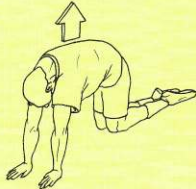


Alternate -  
Less resistance

Lower Trap Squeeze



Serratus Roll



## SERIES III: STRENGTHENING WITH SYNERGY

Resistance  
Shoulder Shrugs



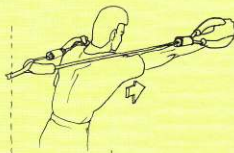
Lower Trapezius  
Pull



Middle Trapezius  
Pull

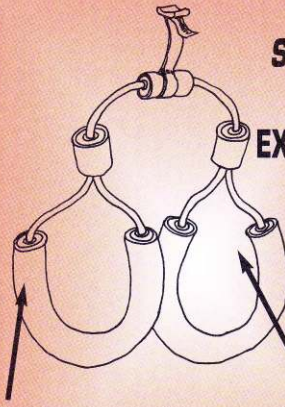


Serratus Push



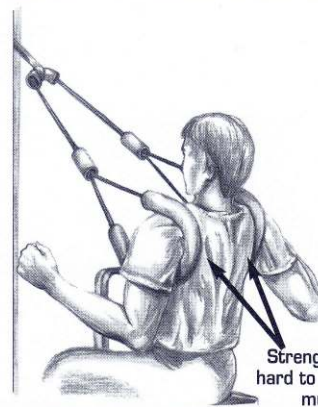
## THE SYNERGY DOUBLE EXERCISER

(DLX-DOUBLE)



Closed-cell high density  
cushion for maximum  
comfort

Oversized loops allow  
easier scapular  
isolation



Strengthens  
hard to reach  
muscles

### STRETCHING

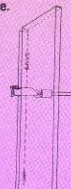
Regular stretching gives you greater ability to move, reduces pain, and DECREASES the possibility of re-injury when executed correctly. Once in the correct stretch position, try to relax the muscles. This will help achieve even better stretch results. There is a difference between a dull ache being gently stretched and the sharp pain being further traumatized. The latter will cause further set-backs. Pain should not be experienced. It's the body's natural warning sign that it's been pushed too hard. So stretch gently. Never move quickly or create jerky or bouncing motions. If pain is experienced during any portion of your rehab routine, simply stop. It indicates that you have over-stressed your body. Pain also tightens muscles, which defeats your purpose, so move in and out of each stretch slowly.

### GENTLE STRENGTHENING

Series II concentrates on specific exercises to strengthen and help stabilize injured areas, restoring proper posture and balance, and reducing the potential for re-injury. To continue on with our daily functions we must develop body smartness, improving our ability to deploy our body accurately, efficiently and fluidly. Synergy's exercises center on developing body awareness and function. Remember to start out slow and stay with it!

### STRENGTHENING WITH SYNERGY

Series III incorporates the Synergy Device interacting in muscle activities under conditions of increased resistance. The purpose is to enhance the effectiveness of stabilization and function while reducing the possibility of re-injury through a series of isolated strengthening exercises with the Synergy Device.



Some exercises require mounting the Synergy Device. To do so, position the door mount on the side of the door that opens away from you on the hinge side. Place the strap between the door and the door jam. Make sure the door is secure and locked.

Synergy Exerciser: (circle resistance color) Purple (XL) Blue (L) Red (M) Black (H) Green (XH)

- DLX-TRAINER 8 or 15
- DLX-SINGLE
- DLX-DOUBLE
- DLX-SPORT
- DLX-TOTAL BODY
- E-ROM
- E-CERVICAL
- E-HAND POWER
- E-FOOT
- OTHERS:

Notes:

**SYNERGY - OPTIMIZING PHYSICAL PERFORMANCE**

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