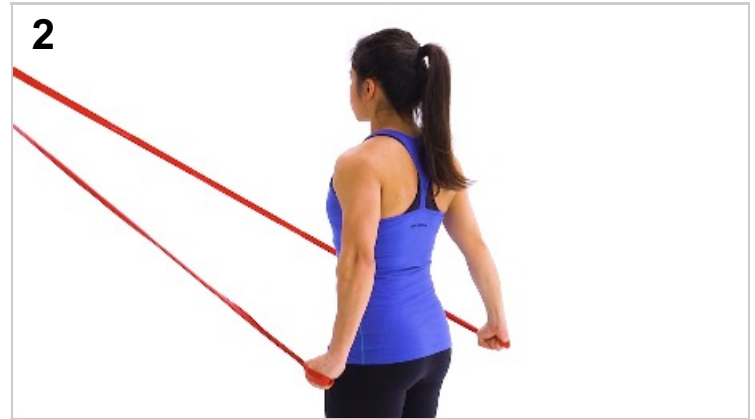


Shoulder extension with resistance - Neutral

REPS: 10
SETS: 3
DAILY: 1
WEEKLY: 7


Setup

Begin standing upright with your arms straight forward and palms facing inward, holding the ends of a resistance band that is anchored overhead in front of you.

Movement

Pull your arms down to your sides, squeezing your shoulder blades together. Then bring them back up to the starting position and repeat.

Tip

Make sure to keep your elbows and back straight, and do not shrug your shoulders during the exercise.

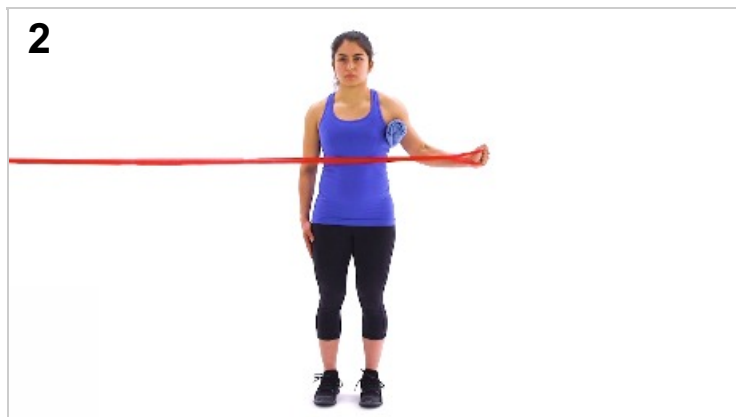
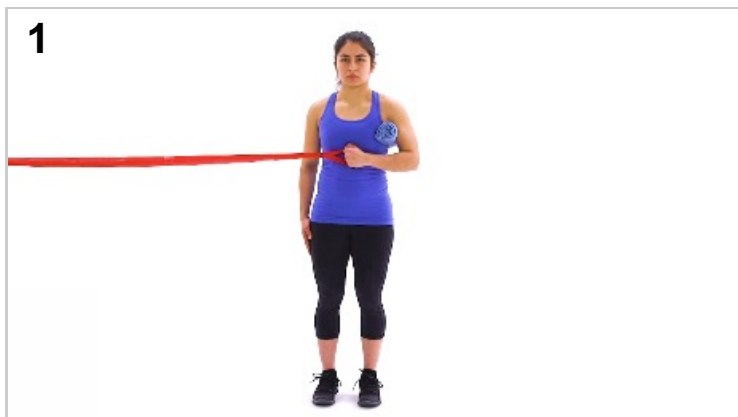
Shoulder External Rotation with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

Prone Scapular Retraction Arms at Side

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin lying face down with arms resting on the ground straight to your sides.

Movement

Lift your arms toward the ceiling keeping your elbows straight.

Tip

Think of squeezing your shoulder blades together as you lift your arms.

Prone Single Arm Shoulder Y

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Being lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

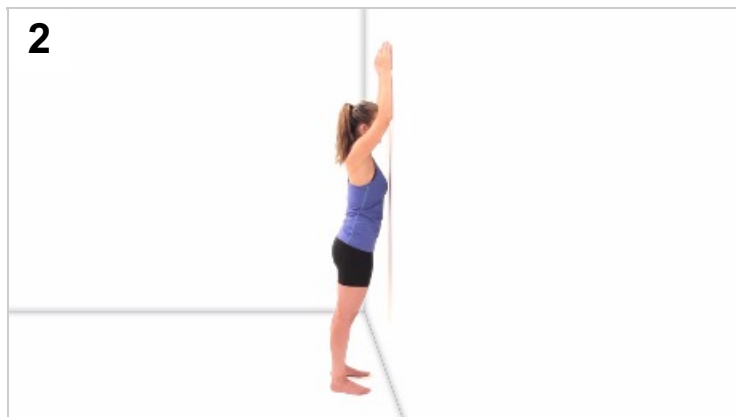
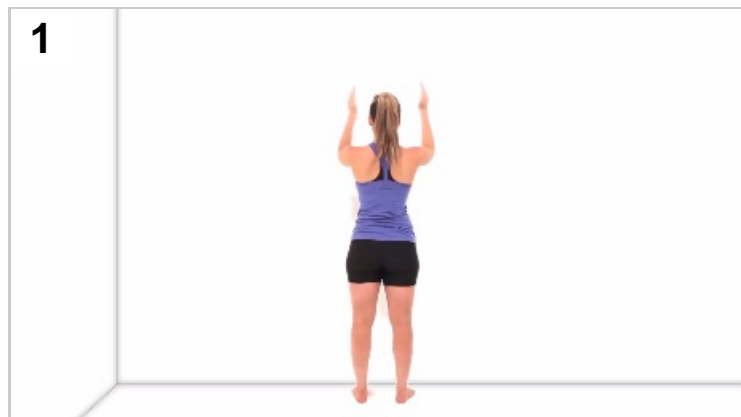
Serratus Activation at Wall

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position facing a wall with your elbows bent to 90 degrees, your forearms against the wall, and palms facing inward.

Movement

Apply a gentle pressure and slide your arms up the wall as far as is comfortable, then slide them back to the starting position and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise. Only move your arms as far as you can without causing pain.

Standing Shoulder Diagonal Horizontal Abduction

60/120 Degrees with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



3



Setup

Begin in a standing upright position holding a resistance band in both hands.

Movement

Raise your arms to shoulder height and pull your arms diagonally in opposite directions against the resistance band, then return to the starting position. Repeat, pulling in the other diagonal direction.

Tip

Make sure to maintain good posture and avoid shrugging your shoulders during the exercise.

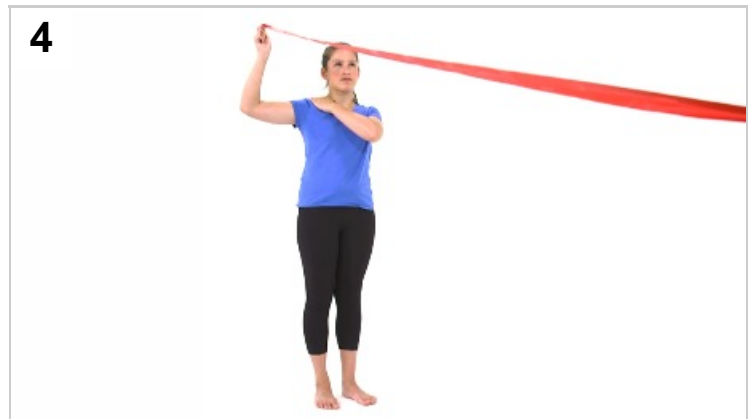
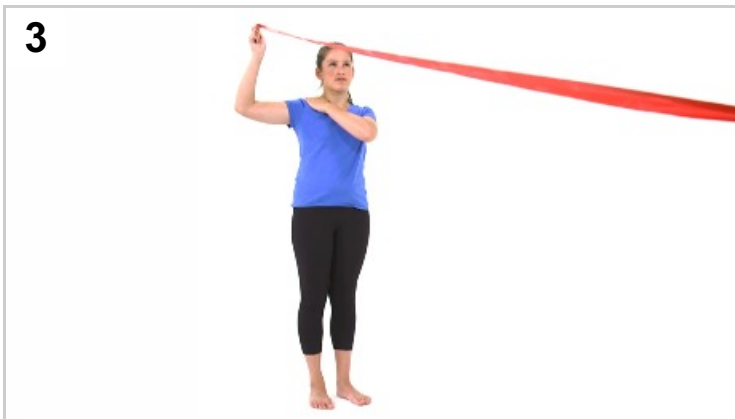
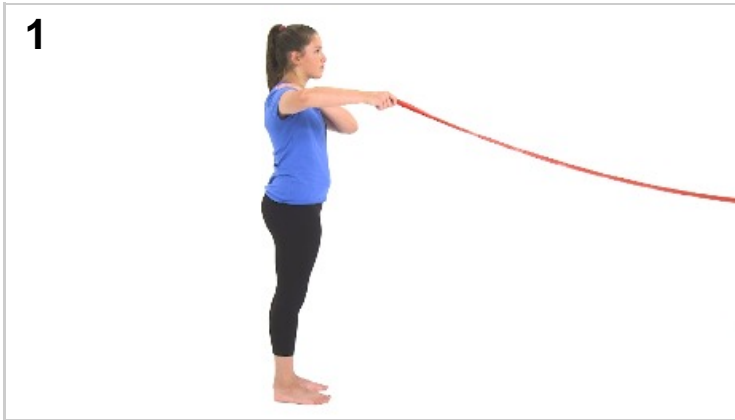
Standing Shoulder External Rotation in Abduction with Anchored Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing tall, holding onto a band that is anchored in front of you.

Movement

Place your other hand on top of your shoulder and lift your elbow up to shoulder height, keeping it bent to 90-degrees. Move your hand up toward the ceiling, pulling against the band. Lower the band back down and repeat.

Tip

Try to keep your elbow still during the exercise. Do not shrug your shoulder or let your trunk rotate during the exercise.

Standing Serratus Punch with Resistance

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your arms straight forward at shoulder height, holding the ends of a resistance band that is anchored behind you.

Movement

Press your arms forward, pulling your shoulder blades apart. Return to the starting position and repeat.

Tip

Make sure to keep your arms straight and do not shrug your shoulders. There should be a small amount of movement during the exercise.