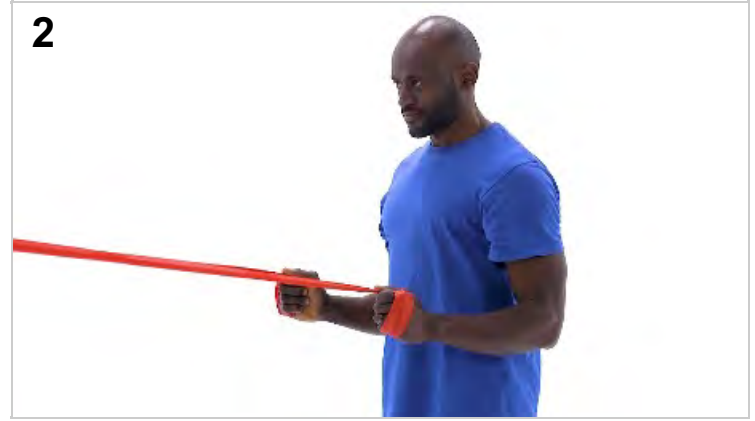
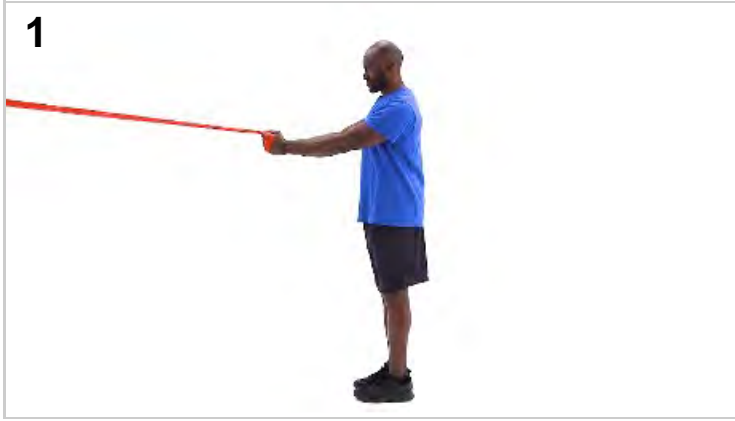


Standing Shoulder Row with Anchored Resistance

REPS: 10**SETS: 2****DAILY: 1****WEEKLY: 5**

Setup

Begin standing upright, holding both ends of a resistance band that is anchored in front of you at chest height, with your palms facing inward.

Movement

Pull your arms back with your elbows tucked at your sides, then return to the starting position and repeat.

Tip

Make sure to keep your core engaged and focus on squeezing your shoulder blades together as you pull on the band.

Shoulder Extension with Resistance

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



Setup

Begin in a standing position holding both ends of a resistance band anchored in front of you with your arms straight in front of your body.

Movement

Keeping your elbows straight, pull your hands down toward your hips. You should feel your shoulder blades go down. Return to start and repeat.

Tip

Make sure to maintain good posture during the exercise and do not shrug your shoulders.

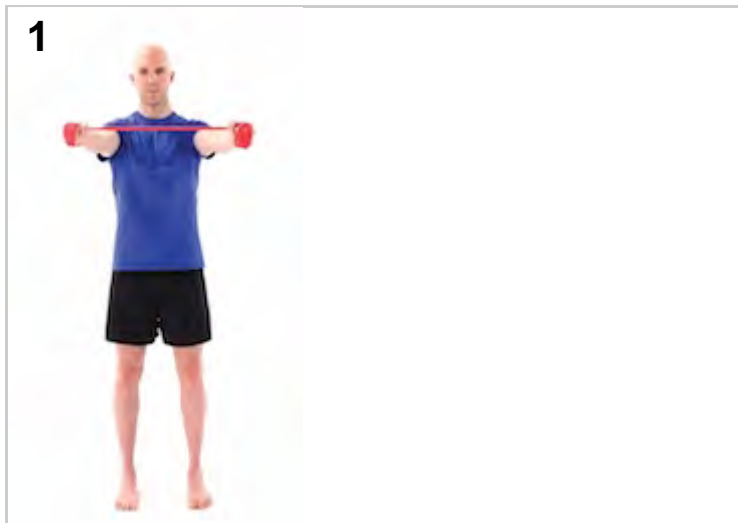
Standing Shoulder Horizontal Abduction with Resistance

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



Setup

Begin in a standing position holding a resistance band in each hand. Lift your arms straight in front of your body with both fists facing inward.

Movement

Pull your hands apart until they are directly to your sides, then return to the starting position and repeat.

Tip

Make sure to keep your arms level and think of squeezing your shoulder blades together as you pull the band. Maintain good posture during the exercise and avoid shrugging your shoulders.

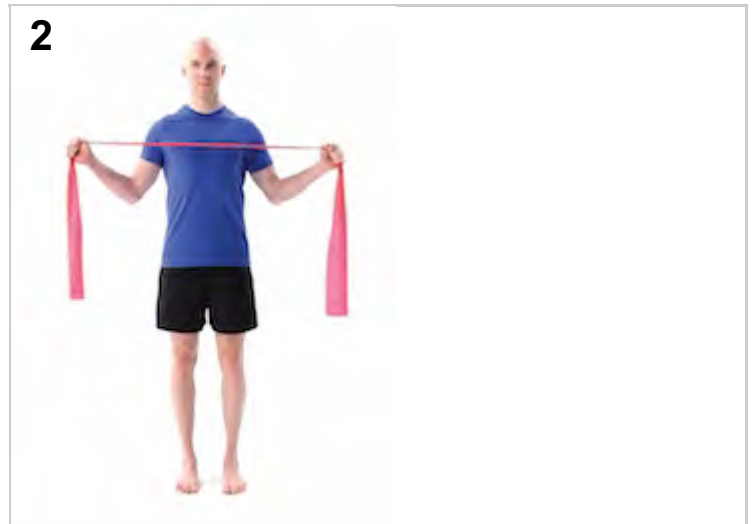
Shoulder W - External Rotation with Resistance

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



Setup

Begin in a standing upright position with your elbows bent 90 degrees, holding both ends of a resistance band and your fists facing inward. There should be slight tension in the band.

Movement

Slowly rotate your arms outward and slightly upward so at the top of the motion the band is at the level of your chest.

Tip

Make sure to avoid overarching your low back and maintain a gentle chin tuck throughout the exercise.

Prone Single Arm Shoulder Y

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



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.

Prone Shoulder Extension - Single Arm

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



Setup

Begin lying face down on a table or bed with one arm hanging off the edge.

Movement

Keeping your elbow straight and leading with your pinky finger, raise your arm up and backward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to arch your back during the exercise.

Prone Scapular Retraction Arms at Side

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



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 Shoulder Row

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 5



Setup

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

Movement

Pull your arm up, allowing your elbow to bend and keeping it tucked toward your body. Return to the starting position and repeat.

Tip

Avoid shrugging your shoulders during this exercise. Think of squeezing your shoulder blades together as you pull your arm up.