

Weeks 1-2

STEP 1



STEP 2



Elbow Flexion PROM

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

Setup

Begin in a standing upright position.

Movement

Grasp one wrist with your other hand and gently bend your arm toward your body, then lower it back down and repeat.

Tip

Make sure to keep your moving arm relaxed.

STEP 1



STEP 2



Supine Elbow Extension Stretch in Supination

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

Setup

Begin lying on your back with your arm resting on a towel and your elbow bent at 90 degrees with your palm facing toward you. The towel should be just above your elbow.

Movement

Relax your arm toward the ground, letting your elbow straighten slowly.

Tip

Make sure to keep your arm relaxed and do not stretch through pain.

STEP 1



STEP 2



Seated Wrist Extension AROM

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

Setup

Begin sitting upright with your arm resting on a table, hand off the edge and palm down.

Movement

Bend your wrist backward, lifting your hand, then slowly lower it back down and repeat.

Tip

Make sure to focus on only bending at your wrist. Keep the rest of your arm relaxed during the exercise.

STEP 1



STEP 2



Seated Wrist Extension AROM

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

Setup

Begin sitting upright with your arm resting on a table, hand off the edge and palm down.

Movement

Bend your wrist backward, lifting your hand, then slowly lower it back down and repeat.

Tip

Make sure to focus on only bending at your wrist. Keep the rest of your arm relaxed during the exercise.

STEP 1



STEP 2



Seated Forearm Pronation and Supination AROM

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

Setup

Begin sitting upright in a chair with one arm bent to 90 degrees, palm facing up, and fingers straight.

Movement

Rotate your forearm inward, then outward, and repeat.

Tip

Make sure to only move your forearm, and keep your wrist straight during the exercise.

STEP 1



STEP 2



Seated Wrist Extension with Dumbbell

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

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Flexion with Dumbbell

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

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Radial Deviation with Dumbbell

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

Setup

Sit with one arm resting on a table, holding a lightweight dumbbell firmly in your hand, fist facing inward.

Movement

Slowly bend your wrist, raising the dumbbell upward, then return to the starting position.

Tip

Make sure to keep your fist facing the middle of your body.

STEP 1



STEP 2



Seated Wrist Ulnar Deviation with Dumbbell

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

Setup

Begin sitting upright with your arm at your side and your thumb facing forward, holding the end of a dumbbell with the other end pointing behind you.

Movement

Slowly bend your wrist backward, then return to the starting position and repeat.

Tip

Make sure to keep the rest of your arm relaxed and do not rotate your forearm during the exercise.

STEP 1



STEP 2



STEP 3



STEP 4



Forearm PROM Supination and Pronation with Mid Grip on Hammer

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

Setup

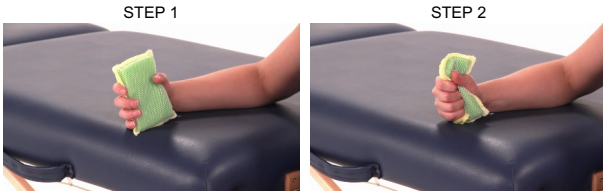
Begin standing upright with your arm tucked at your side and your elbow bent at a 90 degree angle, holding a hammer in the middle of the handle.

Movement

Rotate your forearm so your palm faces up. Hold briefly, then rotate in the other direction so your palm faces down. Repeat.

Tip

Make sure to keep your elbow tucked at your side and only rotate your forearm during the exercise.



Gripping Sponge Neutral

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

Setup

Begin sitting upright in a chair with your arm resting on a table holding a sponge with your palm facing inward.

Movement

Gently squeeze the sponge with all of your fingers, then relax and repeat.

Tip

Make sure to keep your arm relaxed.



Standing Bicep Curls Neutral with Dumbbells

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

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your thumbs facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

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



Standing Single Arm Bicep Curls Supinated with Dumbbell

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

Setup

Begin in a standing upright position, holding a dumbbell in one hand, with your palm facing forward.

Movement

Slowly curl the dumbbell up toward your shoulder, then lower it back down and repeat.

Tip

Make sure to keep your palm facing forward, back straight, and do not shrug your shoulder during the exercise.

Weeks 3-4



Forearm PROM Supination and Pronation with Mid Grip on Hammer

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

Setup

Begin standing upright with your arm tucked at your side and your elbow bent at a 90 degree angle, holding a hammer in the middle of the handle.

Movement

Rotate your forearm so your palm faces up. Hold briefly, then rotate in the other direction so your palm faces down. Repeat.

Tip

Make sure to keep your elbow tucked at your side and only rotate your forearm during the exercise.



Standing Bicep Curls Neutral with Dumbbells

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

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your thumbs facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

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

STEP 1



STEP 2



Standing Single Arm Bicep Curls Supinated with Dumbbell

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

Setup

Begin in a standing upright position, holding a dumbbell in one hand, with your palm facing forward.

Movement

Slowly curl the dumbbell up toward your shoulder, then lower it back down and repeat.

Tip

Make sure to keep your palm facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Bent Over Tricep Extension with Counter Support

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

Setup

Begin in a standing upright position with one hand resting on a counter at your side and the other hand holding a dumbbell.

Movement

Slowly step into a lunge position and lean your torso forward, bending at your hips, with your elbow bent to 90 degrees. Straighten your elbow, hold briefly, then relax and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder during the exercise. Use the counter to help you balance as needed.

STEP 1



STEP 2



Push Up

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

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Shoulder Row with Anchored Resistance

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

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.

Weeks 5-6

STEP 1



STEP 2



STEP 3



STEP 4



Forearm PROM Supination and Pronation with Mid Grip on Hammer

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

Setup

Begin standing upright with your arm tucked at your side and your elbow bent at a 90 degree angle, holding a hammer in the middle of the handle.

Movement

Rotate your forearm so your palm faces up. Hold briefly, then rotate in the other direction so your palm faces down. Repeat.

Tip

Make sure to keep your elbow tucked at your side and only rotate your forearm during the exercise.

STEP 1



STEP 2



Standing Bicep Curls Neutral with Dumbbells

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

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your thumbs facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

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

STEP 1



STEP 2



Standing Single Arm Bicep Curls Supinated with Dumbbell

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

Setup

Begin in a standing upright position, holding a dumbbell in one hand, with your palm facing forward.

Movement

Slowly curl the dumbbell up toward your shoulder, then lower it back down and repeat.

Tip

Make sure to keep your palm facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Bent Over Tricep Extension with Counter Support

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

Setup

Begin in a standing upright position with one hand resting on a counter at your side and the other hand holding a dumbbell.

Movement

Slowly step into a lunge position and lean your torso forward, bending at your hips, with your elbow bent to 90 degrees. Straighten your elbow, hold briefly, then relax and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder during the exercise. Use the counter to help you balance as needed.

STEP 1



STEP 2



Push Up

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

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

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

Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.



Bench Press

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

Setup

When using the bench press, it's important to use proper form to get the most out of your workout and prevent injury. For safety, use a spotter that can assist you with this exercise.

Make sure the barbell is at a comfortable height prior to loading any weight. Add desired weight, ensuring that it is even on both sides. Place clips at both ends of the barbell for safety. Lay down on the bench and place your hands on the bar slightly wider than shoulder-width apart.

Movement

Lift the bar off of the rack so that it is held over your shoulders. In a controlled manner, lower it to your mid chest, stopping just before it makes contact. Press the bar up to the starting position.

Tip

Keep breathing throughout the exercise, exhaling as you press the bar upwards. To protect your shoulders, lower the bar in a slight diagonal pattern, starting above your shoulders and ending above your mid-chest.



Supine Chest Flys

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

Setup

Begin lying on your back with your knees bent and feet resting on the floor. Holding a dumbbell in each hand, start with your arms raised straight upward.

Movement

With a slight bend in your elbows, slowly move your hands away from each other toward the ground, then bring them back together and repeat.

Tip

Make sure not to arch your back as you move your arms.



Seated Lat Pull Down with Resistance - Elbows Bent

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

Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Tip

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

Weeks 7-8



Standing Bicep Curls Neutral with Dumbbells

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

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your thumbs facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

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



Standing Single Arm Bicep Curls Supinated with Dumbbell

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

Setup

Begin in a standing upright position, holding a dumbbell in one hand, with your palm facing forward.

Movement

Slowly curl the dumbbell up toward your shoulder, then lower it back down and repeat.

Tip

Make sure to keep your palm facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



STEP 3



Farmer's Carry with Kettlebells

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

Setup

Begin standing in a flat open space with two kettlebells on the ground at your sides. Lunge down to pick up a kettlebell in each hand.

Movement

Walk forward, keeping your stomach muscles engaged, torso upright, and shoulders down and back.

Tip

Make sure to keep your core engaged and maintain your balance as you walk. Do not shrug your shoulders or let your trunk lean forward, backward, or sideways during the exercise.

STEP 1



Bench Press

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

Setup

When using the bench press, it's important to use proper form to get the most out of your workout and prevent injury. For safety, use a spotter that can assist you with this exercise.

Make sure the barbell is at a comfortable height prior to loading any weight. Add desired weight, ensuring that it is even on both sides. Place clips at both ends of the barbell for safety. Lay down on the bench and place your hands on the bar slightly wider than shoulder-width apart.

Movement

Lift the bar off of the rack so that it is held over your shoulders. In a controlled manner, lower it to your mid chest, stopping just before it makes contact. Press the bar up to the starting position.

Tip

Keep breathing throughout the exercise, exhaling as you press the bar upwards. To protect your shoulders, lower the bar in a slight diagonal pattern, starting above your shoulders and ending above your mid-chest.

STEP 1



STEP 2



Supine Chest Flys

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

Setup

Begin lying on your back with your knees bent and feet resting on the floor. Holding a dumbbell in each hand, start with your arms raised straight upward.

Movement

With a slight bend in your elbows, slowly move your hands away from each other toward the ground, then bring them back together and repeat.

Tip

Make sure not to arch your back as you move your arms.

STEP 1



STEP 2



Seated Lat Pull Down with Resistance - Elbows Bent

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

Setup

Begin sitting upright holding both ends of a resistance band that is anchored high above you, with your arms straight.

Movement

Pull your arms down against the resistance, bending your elbows and bringing your hands to your shoulders. Slowly return to the starting position and repeat.

Tip

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

STEP 1



STEP 2



Full Plank with Shoulder Taps

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

Setup

Begin on all fours then straighten your legs to bring yourself into a plank position.

Movement

Hold this position and lift one hand off the ground to tap your opposite shoulder. Return to starting position and repeat with your other hand.

Tip

Make sure to keep your abdominals tight and keep your back straight during the exercise. Do not let your trunk rotate.