

## Weeks 1-2

STEP 1



### Circular Shoulder Pendulum with Table Support

REPS: 20 | DAILY: 1 | WEEKLY: 7

CW, CWW

#### Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

#### Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

#### Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

STEP 1



STEP 2



STEP 3



### Putty Squeezes

REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin sitting with your hand in a comfortable position, holding putty in your palm.

#### Movement

Gently squeeze the putty using all of your fingers equally, and repeat.

#### Tip

Make sure to keep the rest of your arm relaxed during the movement.

STEP 1



STEP 2



### Seated Elbow Flexion and Extension AROM

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

#### Setup

Begin sitting upright in a chair with one arm straight at your side.

#### Movement

Bend your elbow upward as far as is comfortable, then straighten it and repeat.

#### Tip

Make sure to keep your movements slow and controlled.

STEP 1



STEP 2



### Wrist Flexion Extension AROM - Palms Down

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

#### Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

#### Movement

Slowly bend your wrist upward as far as is comfortable, then relax and repeat.

#### Tip

Make sure to only move in a pain-free range of motion.

STEP 1



### Standing Isometric Shoulder Internal Rotation at Doorway

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

#### Setup

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

#### Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



### Standing Isometric Shoulder External Rotation with Doorway

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

#### Setup

Begin in a standing upright position to the side of a doorframe with your involved arm bent and a towel between the back of your hand and the doorframe.

#### Movement

Gently press your hand outward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



### Isometric Shoulder Flexion at Wall

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

#### Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

#### Movement

Push your arm directly into the wall, then relax and repeat.

#### Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



### Isometric Shoulder Extension at Wall

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

#### Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a towel between the back of your arm and a wall.

#### Movement

Push your elbow directly backward into the wall, then relax and repeat.

#### Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



### Isometric Shoulder Abduction at Wall

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

#### Setup

Begin in a standing upright position with your elbow bent 90 degrees, with a towel between the side of your arm and a wall.

#### Movement

Push your arm sideways into the wall, then relax and repeat.

#### Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



### Isometric Shoulder Adduction

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

#### Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked in between your elbow and your body.

#### Movement

Gently press your elbow into your side and hold.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Standing Shoulder Flexion Wall Walk

**REPS: 10 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a staggered stance position with one hand resting on a wall.

#### Movement

Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

#### Tip

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Standing Shoulder Abduction Finger Walk at Wall

**REPS: 10 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a wall at your side.

#### Movement

Place the hand of your involved arm on the wall and walk your fingers up the wall as far as you can, then gently lean toward the wall to slide it further. Slide your hand back down, and repeat.

#### Tip

Make sure not to shrug your shoulder. Only raise your arm as far as you can without causing pain.

STEP 1



STEP 2



### Shoulder Flexion Overhead with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position, holding a dowel with your involved arm at the end.

#### Movement

Using your uninvolved arm to guide the movement, move your other arm straight overhead. Return to the starting position, and repeat.

#### Tip

Make sure your involved arm is relaxed and keep your back straight during the exercise.

STEP 1



STEP 2



### Standing Shoulder Abduction AAROM with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding a dowel in both hands, with your elbows straight.

#### Movement

Using your uninvolved arm to guide the dowel, move your other arm directly out to the side of your body. Pause briefly, then return to the starting position and repeat.

#### Tip

Avoid shrugging your shoulders as you move the dowel, and allow your uninvolved arm to direct the movement.

STEP 1



STEP 2



### Standing Shoulder External Rotation AAROM with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

#### Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

STEP 1



### Standing Isometric Shoulder Internal Rotation at Doorway

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

#### Setup

Begin in a standing upright position facing a doorframe with your involved arm bent and a towel between the inside of your hand and the doorframe.

#### Movement

Gently press your hand inward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



### Standing Isometric Shoulder External Rotation with Doorway

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

#### Setup

Begin in a standing upright position to the side of a doorframe with your involved arm bent and a towel between the back of your hand and the doorframe.

#### Movement

Gently press your hand outward into the towel. Hold, then relax and repeat.

#### Tip

Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

STEP 1



### Isometric Shoulder Flexion at Wall

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

#### Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a small towel between your fist and a wall.

#### Movement

Push your arm directly into the wall, then relax and repeat.

#### Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



### Isometric Shoulder Extension at Wall

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

#### Setup

Begin in a standing upright position with your elbow bent 90 degrees, and a towel between the back of your arm and a wall.

#### Movement

Push your elbow directly backward into the wall, then relax and repeat.

#### Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



### Isometric Shoulder Abduction at Wall

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

#### Setup

Begin in a standing upright position with your elbow bent 90 degrees, with a towel between the side of your arm and a wall.

#### Movement

Push your arm sideways into the wall, then relax and repeat.

#### Tip

Make sure to keep your back straight during the exercise. There should be little to no movement.

STEP 1



### Isometric Shoulder Adduction

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

#### Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked in between your elbow and your body.

#### Movement

Gently press your elbow into your side and hold.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Standing Shoulder Flexion Wall Walk

**REPS: 10 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a staggered stance position with one hand resting on a wall.

#### Movement

Slowly walk your fingers up the wall overhead as far as you can reach. Hold briefly, then slide your hand back to the starting position and repeat.

#### Tip

Make sure to move within a comfortable range of motion and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### Standing Shoulder Abduction Finger Walk at Wall

**REPS: 10 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a wall at your side.

#### Movement

Place the hand of your involved arm on the wall and walk your fingers up the wall as far as you can, then gently lean toward the wall to slide it further. Slide your hand back down, and repeat.

#### Tip

Make sure not to shrug your shoulder. Only raise your arm as far as you can without causing pain.

STEP 1



STEP 2



### Shoulder Flexion Overhead with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position, holding a dowel with your involved arm at the end.

#### Movement

Using your uninvolved arm to guide the movement, move your other arm straight overhead. Return to the starting position, and repeat.

#### Tip

Make sure your involved arm is relaxed and keep your back straight during the exercise.

STEP 1



STEP 2



### Standing Shoulder Abduction AAROM with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding a dowel in both hands, with your elbows straight.

#### Movement

Using your uninvolved arm to guide the dowel, move your other arm directly out to the side of your body. Pause briefly, then return to the starting position and repeat.

#### Tip

Avoid shrugging your shoulders as you move the dowel, and allow your uninvolved arm to direct the movement.

STEP 1



STEP 2



### Standing Shoulder External Rotation AAROM with Dowel

**REPS: 10 | SETS: 2 | HOLD: 5 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with a towel roll under one arm, elbow bent 90 degrees, holding a dowel in both hands. Your involved arm should have the palm facing up.

#### Movement

Using the dowel to guide the motion, slowly rotate your arm away from your body. Return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent throughout the movement and let the movement come from your uninvolved arm.

STEP 1



STEP 2



### Seated Shoulder Horizontal Abduction with Resistance - Palms Down

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin sitting in an upright position holding the ends of a resistance band in each hand, with your arms straight forward and palms facing downward.

#### Movement

Keeping your elbows straight, slowly pull your arms apart, pinching your shoulder blades together. Pause briefly, then return to starting position and repeat.

#### Tip

Make sure to maintain an upright seated posture without letting your back arch or shoulders shrug.

STEP 1



STEP 2



### Shoulder Adduction with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding the end of a resistance band in one hand with your arm straight and palm facing downward, to the side of the anchor point.

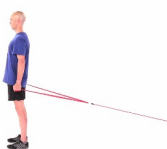
#### Movement

Pull your arm down against the resistance band to your side, then slowly return to the starting position and repeat.

#### Tip

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

STEP 1



STEP 2



### Standing Shoulder Flexion with Posterior Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position holding both ends of a resistance band anchored behind you, and your arms at your sides.

#### Movement

Lift your arms straight in front of your body with your thumbs pointing forward, then slowly lower them back to the starting position and repeat.

#### Tip

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

STEP 1



STEP 2



### Shoulder extension with resistance - Neutral

**REPS: 10 | SETS: 2 | 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.

STEP 1



STEP 2



### Shoulder External Rotation with Anchored Resistance

**REPS: 10 | SETS: 2 | 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.

STEP 1



STEP 2



### Standing Shoulder Internal Rotation with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.

#### Movement

Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.

#### Tip

Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.

STEP 1



STEP 2



### Seated Shoulder Row with Resistance Anchored at Feet

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

#### Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

#### Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

#### Tip

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

STEP 1



STEP 2



### Sidelying Open Book

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

#### Setup

Begin lying on your side with the hip and knee of your top leg bent to 90 degrees, bottom leg straight and in line with your torso, and your arms together in front of you on the ground.

#### Movement

Rotate your spine backwards, sliding your top hand across your chest.

#### Tip

Try to keep your top knee on the ground and only rotate your mid and upper back. Do not let your hips roll backwards.

STEP 1



STEP 2



STEP 3



### Scaption with Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing upright with a resistance band anchored under your feet, holding one end in each hand.

#### Movement

Slowly raise your arms diagonally at roughly a 30-degree angle from your body, then lower your arms back to your sides and repeat.

#### Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.



STEP 1



STEP 2



## Seated Shoulder Horizontal Abduction with Resistance - Palms Down

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin sitting in an upright position holding the ends of a resistance band in each hand, with your arms straight forward and palms facing downward.

### Movement

Keeping your elbows straight, slowly pull your arms apart, pinching your shoulder blades together. Pause briefly, then return to starting position and repeat.

### Tip

Make sure to maintain an upright seated posture without letting your back arch or shoulders shrug.

STEP 1



STEP 2



## Shoulder Adduction with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position holding the end of a resistance band in one hand with your arm straight and palm facing downward, to the side of the anchor point.

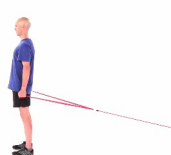
### Movement

Pull your arm down against the resistance band to your side, then slowly return to the starting position and repeat.

### Tip

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

STEP 1



STEP 2



## Standing Shoulder Flexion with Posterior Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin in a standing upright position holding both ends of a resistance band anchored behind you, and your arms at your sides.

### Movement

Lift your arms straight in front of your body with your thumbs pointing forward, then slowly lower them back to the starting position and repeat.

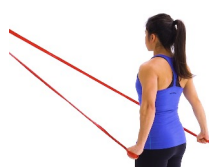
### Tip

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

STEP 1



STEP 2



## Shoulder extension with resistance - Neutral

**REPS: 10 | SETS: 2 | 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.

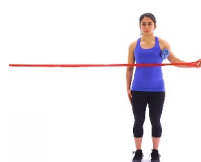
### Tip

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

STEP 1



STEP 2



## Shoulder External Rotation with Anchored Resistance

**REPS: 10 | SETS: 2 | 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.



STEP 1



STEP 2



### Standing Shoulder Internal Rotation with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.

#### Movement

Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.

#### Tip

Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.

STEP 1



STEP 2



### Seated Shoulder Row with Resistance Anchored at Feet

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

#### Setup

Begin sitting in an upright position holding both ends of a resistance band that is anchored under your feet, with your legs straight and your palms facing inward.

#### Movement

Pull your arms backward, bending your elbows, then slowly straighten them and repeat. Think of squeezing your shoulder blades together as you pull back.

#### Tip

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

STEP 1



STEP 2



### Sidelying Open Book

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

#### Setup

Begin lying on your side with the hip and knee of your top leg bent to 90 degrees, bottom leg straight and in line with your torso, and your arms together in front of you on the ground.

#### Movement

Rotate your spine backwards, sliding your top hand across your chest.

#### Tip

Try to keep your top knee on the ground and only rotate your mid and upper back. Do not let your hips roll backwards.

STEP 1



STEP 2



STEP 3



### Scaption with Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing upright with a resistance band anchored under your feet, holding one end in each hand.

#### Movement

Slowly raise your arms diagonally at roughly a 30-degree angle from your body, then lower your arms back to your sides and repeat.

#### Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.



## Bench Press

**REPS: 10 | SETS: 2 | 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



## Standing Lat Pull Down with Resistance - Elbows Bent

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

### Setup

Begin in a standing upright position 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



## Shoulder Flexion Serratus Activation with Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

### Setup

Begin standing upright with a resistance band looped around your wrists, palms facing inward, and your elbows bent to 90 degrees.

### Movement

Gently press your hands out to shoulder width apart, then lift your hands overhead. Lower them back down and repeat.

### Tip

Make sure to keep your elbows bent and your back straight. Focus on keeping tension in the band during the exercise.

STEP 1



STEP 2



## Shoulder External Rotation and Scapular Retraction with Resistance

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

### Setup

Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.

### Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

### Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

STEP 1



STEP 2



### Prone Scapular Retraction Y

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

#### Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

#### Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



### Prone Shoulder Flexion

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

#### Movement

Lift your arms off the ground as far as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

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

STEP 1



STEP 2



### Prone Shoulder Horizontal Abduction with Thumbs Up

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

#### Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



### Standard Plank

**REPS: 5 | HOLD: 10 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

## Weeks 7-8

STEP 1



### Bench Press

**REPS: 10 | SETS: 2 | 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



### Standing Lat Pull Down with Resistance - Elbows Bent

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

#### Setup

Begin in a standing upright position 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



### Shoulder Flexion Serratus Activation with Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing upright with a resistance band looped around your wrists, palms facing inward, and your elbows bent to 90 degrees.

#### Movement

Gently press your hands out to shoulder width apart, then lift your hands overhead. Lower them back down and repeat.

#### Tip

Make sure to keep your elbows bent and your back straight. Focus on keeping tension in the band during the exercise.

STEP 1



STEP 2



### Shoulder External Rotation and Scapular Retraction with Resistance

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

#### Setup

Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.

#### Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

#### Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

STEP 1



STEP 2



### Prone Scapular Retraction Y

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

#### Movement

Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

#### Tip

Make sure to keep your back relaxed.

STEP 1



STEP 2



### Prone Shoulder Flexion

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying face down with your head resting on a small towel roll and your arms resting straight overhead, hands in fists, palms facing inward.

#### Movement

Lift your arms off the ground as far as your can, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

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

STEP 1



STEP 2



### Prone Shoulder Horizontal Abduction with Thumbs Up

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front with your arms straight out to your sides, thumbs pointing up.

#### Movement

Raise your arms off the ground as far as is comfortable, then lower them back to the ground, and repeat. Think of squeezing your shoulder blades together as you lift your arms.

#### Tip

Do not arch your back as you lift your arms.

STEP 1



STEP 2



### Standard Plank

**REPS: 5 | HOLD: 10 SECOND | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your front, propped up on your elbows.

#### Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

#### Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



### Inchworm Walkout

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position.

#### Movement

Bend at your hips and lean forward to touch the ground. Slowly walk your hands forward with your legs straight until you reach a push up position. Then slowly walk your feet toward your hands with your knees straight, and repeat.

#### Tip

Make sure to keep your back straight, and avoid locking out your arms and legs during the exercise.

STEP 1



STEP 2



### Push Up with Plus

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

#### Setup

Begin on all fours with your hands underneath your shoulders.

#### Movement

Raise your body into a plank position, slowly lower your chest toward the floor then push back up, then continue by lifting your upper back toward the ceiling. Repeat this movement.

#### Tip

Make sure to keep your trunk stiff and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Flexion with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with one arm held out to your side, thumb pointing down, holding a resistance band anchored on that side near the ground.

#### Movement

Bring your arm upward across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Single Arm Shoulder PNF D1 Extension with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing up, holding a resistance band anchored on that side above your head.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Standing Shoulder Single Arm PNF D2 Flexion with Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin standing upright with one arm crossed in front of your body, thumb pointing down, holding a resistance band that is anchored by your other hand at your hip.

#### Movement

Diagonally raise your arm overhead across your body, turning your arm so your thumb points up. Slowly reverse the movement and repeat.

#### Tip

Make sure to keep your elbow straight. Do not shrug your shoulders or arch your low back during the exercise.

STEP 1



STEP 2



### Standing Shoulder Single Arm PNF D2 Extension with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with one arm out to your side overhead, thumb pointing up, holding a resistance band anchored on that side above your head.

#### Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

#### Tip

Make sure to keep your back straight and do not let your body turn as you move your arm.

STEP 1



STEP 2



### Isometric Standing Shoulder Internal Rotation - 90 Degrees Abduction

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with one arm out to the side and your elbow bent 90 degrees with your palm facing forward, holding a resistance band. You should be facing away from the anchor point.

#### Movement

Walk forward one step at a time then return to the starting position and repeat.

#### Tip

Make sure to keep the same arm position as you step forward. Maintain a gentle chin tuck throughout the exercise and do not let your back arch.

STEP 1



STEP 2



STEP 3



### Shoulder External Rotation in Abduction with Anchored Resistance

**REPS: 10 | SETS: 2 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your arms out to the side and your elbows bent 90 degrees with your palms facing the floor.

#### Movement

Slowly rotate your arms upward until your palms are facing forward and hold.

#### Tip

Make sure not to let your elbows drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.