

## Weeks 1-2

STEP 1



STEP 2



### Shoulder Flexion Overhead with Dowel

REPS: 10 | SETS: 3 | 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: 3 | 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 movement, 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



STEP 3



### Doorway Pec Stretch at 90 Degrees Abduction

SETS: 3 | HOLD: 15 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position in the center of a doorway.

#### Movement

With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

#### Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



### Standing Bicep Stretch at Wall

SETS: 3 | HOLD: 15 SECOND | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position facing a wall. Raise your arm to shoulder height and place your hand on the wall, with your palm facing down.

#### Movement

Slowly bend your wrist, then gently press your hand into the wall and slightly rotate your shoulders away until you feel a stretch in your upper arm, and hold.

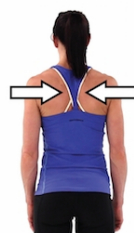
#### Tip

Make sure to keep your neck and shoulder relaxed and do not move through pain during the exercise.

STEP 1



STEP 2



### Standing Scapular Retraction

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

#### Setup

Begin in a standing upright position with your arms resting at your sides.

#### Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

#### Tip

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

STEP 1



STEP 2



### Seated Elbow Flexion and Extension AROM

**REPS: 10 | SETS: 2 | 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



### 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



### 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



### Isometric Shoulder External Rotation 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 your wrist and a wall.

#### Movement

Push your arm into the wall as if you were rotating your forearm outward, keeping your elbow tucked at your side, then relax and repeat.

#### Tip

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

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.

## Weeks 3-4

STEP 1



STEP 2



### Seated Elbow Flexion and Extension AROM

**REPS: 10 | SETS: 2 | 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



### 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



### 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



### Isometric Shoulder External Rotation 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 your wrist and a wall.

#### Movement

Push your arm into the wall as if you were rotating your forearm outward, keeping your elbow tucked at your side, then relax and repeat.

#### Tip

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

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



### Shoulder Abduction - Thumbs Up

**REPS: 5 | SETS: 4 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position with your arms resting at your sides.

#### Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

#### Tip

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

STEP 1



STEP 2



### Standing Alternating Shoulder Scaption

**REPS: 5 | SETS: 4 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a standing upright position.

#### Movement

Slowly raise one arm diagonally at roughly a 30 degree angle from your body, keeping your elbow straight, then lower it back down and repeat with your opposite arm.

#### Tip

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

STEP 1



STEP 2



### Sidelying Shoulder External Rotation

**REPS: 5 | SETS: 4 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.

#### Movement

Slowly rotate your forearm upward. Pause briefly, then return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm. Avoid shrugging your shoulders.

STEP 1



STEP 2



### Prone Scapular Retraction Y

**REPS: 5 | SETS: 3 | 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 Horizontal Abduction with Thumbs Up

REPS: 5 | SETS: 3 | 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



### Prone Shoulder Flexion

REPS: 5 | SETS: 3 | 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 Row

REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7

#### Setup

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

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.

## Weeks 5-6

STEP 1



STEP 2



### Shoulder Abduction - Thumbs Up

REPS: 5 | SETS: 4 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position with your arms resting at your sides.

#### Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

#### Tip

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

STEP 1



STEP 2



### Standing Alternating Shoulder Scaption

REPS: 5 | SETS: 4 | DAILY: 1 | WEEKLY: 7

#### Setup

Begin in a standing upright position.

#### Movement

Slowly raise one arm diagonally at roughly a 30 degree angle from your body, keeping your elbow straight, then lower it back down and repeat with your opposite arm.

#### Tip

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

STEP 1



STEP 2



### Sidelying Shoulder External Rotation

**REPS: 5 | SETS: 4 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.

#### Movement

Slowly rotate your forearm upward. Pause briefly, then return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm. Avoid shrugging your shoulders.

STEP 1



STEP 2



### Prone Scapular Retraction Y

**REPS: 5 | SETS: 3 | 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 Horizontal Abduction with Thumbs Up

**REPS: 5 | SETS: 3 | 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



### Prone Shoulder Flexion

**REPS: 5 | SETS: 3 | 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 you 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 Row

**REPS: 5 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

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

#### Movement

Bend your elbow as you pull your arm up, keeping it tucked towards your side. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your arm close to your side and think of squeezing your shoulder blades together as you pull your arm up. Do not shrug your shoulder during the exercise.



STEP 1



STEP 2



### Shoulder Abduction with Dumbbells - Thumbs Up

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

#### Setup

Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in each hand.

#### Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

#### Tip

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

STEP 1



STEP 2



### Standing Wall Ball Circles with Plyo Ball

**REPS: 5 | SETS: 4 | HOLD: UP/DOWN, IN/OUT, CW/CCW | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin in a staggered stance position holding a small weighted ball against a wall with your arm straight.

#### Movement

Roll the ball in small, tight circles, moving only your arm. Then change direction and repeat.

#### Tip

Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



### Sidelying Shoulder External Rotation Dumbbell

**REPS: 8 | SETS: 3 | DAILY: 1 | WEEKLY: 7**

#### Setup

Begin lying on your side with a towel roll under your top arm and your elbow bent to 90 degrees, holding a dumbbell in that hand.

#### Movement

Slowly rotate your arm upward. Pause briefly, then return to the starting position and repeat.

#### Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your arm. Do not shrug your shoulder during the exercise.

STEP 1



STEP 2



### 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.

STEP 1



STEP 2



STEP 3



### Shoulder Internal Rotation with Resistance

**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 under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

#### Movement

Slowly rotate your arm inward.

#### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.



STEP 1



STEP 2



### 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.

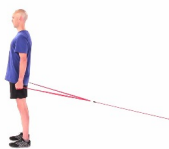
#### Movement

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.

STEP 1



STEP 2



### Standing Shoulder Flexion with Posterior Anchored Resistance

**REPS: 10 | SETS: 3 | 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



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

**REPS: 10 | SETS: 3 | 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



### 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.

STEP 1



STEP 2



### Standing Bicep Curls with Resistance

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

#### Setup

Begin in a standing upright position holding the ends of a resistance band that is anchored below one foot.

#### Movement

Pull up against the resistance band, bending your elbows. Hold briefly, then return to the starting position and repeat.

#### Tip

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

STEP 1



STEP 2



## 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.

STEP 1



STEP 2



STEP 3



## Shoulder Internal Rotation with Resistance

**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 under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

### Movement

Slowly rotate your arm inward.

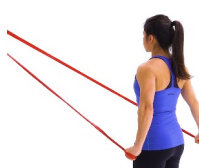
### Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



## 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.

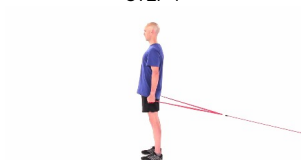
### Movement

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.

STEP 1



STEP 2



## Standing Shoulder Flexion with Posterior Anchored Resistance

**REPS: 10 | SETS: 3 | 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



## Seated Shoulder Horizontal Abduction with Resistance - Palms Down

**REPS: 10 | SETS: 3 | 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



### 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.

STEP 1



STEP 2



### Standing Bicep Curls with Resistance

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

#### Setup

Begin in a standing upright position holding the ends of a resistance band that is anchored below one foot.

#### Movement

Pull up against the resistance band, bending your elbows. Hold briefly, then return to the starting position and repeat.

#### Tip

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

STEP 1



STEP 2



### Chest Fly with Resistance

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

#### Setup

Begin in a standing upright position holding both ends of a resistance band that is anchored behind you at shoulder height, with your arms straight out to your sides, palms facing forward.

#### Movement

Pull your arms forward against the resistance, bringing your hands together. Slowly return to the starting position and repeat.

#### Tip

Make sure to keep your abdominals tight and elbows straight during the exercise.

STEP 1



STEP 2



### Standing Bent Over Alternating Shoulder Row with Dumbbells

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

#### Setup

Begin in a standing position with your trunk bent forward and arms hanging toward the floor, holding a dumbbell in each hand.

#### Movement

Pull one arm upward, bending at your elbow and squeezing your shoulder blades together. Lower it back down and repeat with your other arm.

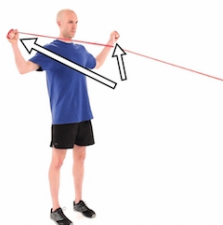
#### Tip

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

STEP 1



STEP 2



### Reverse Fly with Anchored Resistance

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

#### Setup

Begin in a standing upright position, holding the ends of a resistance band anchored in front of you.

#### Movement

With your thumbs up, pull your arms apart and back. Maintain a slight bend in your elbows.

#### Tip

Make sure to keep your back straight during the exercise and think of squeezing your shoulder blades together.

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



### Prone Shoulder Flexion on Swiss Ball with Dumbbell

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

#### Setup

Begin lying with your chest resting on a swiss ball, holding a dumbbell in each hand.

#### Movement

Raise both arms overhead with your elbows straight and thumbs pointing up, then lower them back down and repeat.

#### Tip

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

STEP 1



STEP 2



### Prone Middle Trapezius Strengthening on Swiss Ball with Dumbbells

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

#### Setup

Begin lying with your chest resting on a swiss ball, holding a dumbbell in each hand.

#### Movement

Raise both arms straight out to your sides with your elbows straight and thumbs pointing up, then lower them back down and repeat.

#### Tip

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

STEP 1



STEP 2



### Prone Lower Trapezius Strengthening on Swiss Ball with Dumbbells

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

#### Setup

Begin lying with your chest resting on a swiss ball, holding a dumbbell in each hand.

#### Movement

Raise both arms diagonally out to your sides in a Y shape with your elbows straight and thumbs pointing up, then lower them back down and repeat.

#### Tip

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