

Doorway Pec Stretch at 90 Degrees Abduction

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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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.

Prone Shoulder Row

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

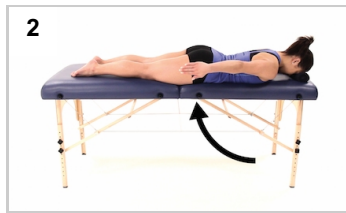
Prone Shoulder Extension - Single Arm

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



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 Single Arm Shoulder Horizontal Abduction with Dumbbell - Palm Down

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your front with one arm hanging off the edge of a bed, holding a dumbbell.

Movement

Raise your arm straight out to your side with your palm down. Slowly lower your arm back down, and repeat.

Tip

Make sure to keep your arm straight during the exercise. Do not arch your back or shrug your shoulder as you lift your arm.

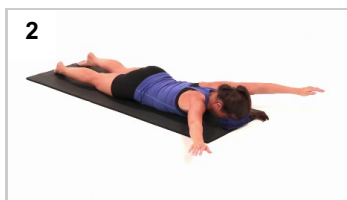
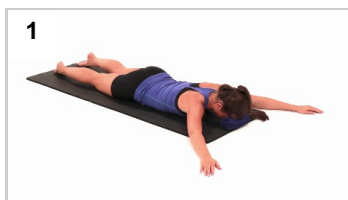
Prone Scapular Retraction Y

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.

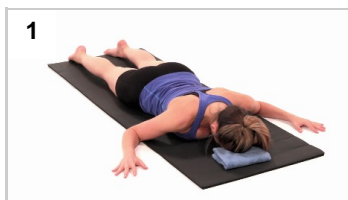
Prone W Scapular Retraction

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

Movement

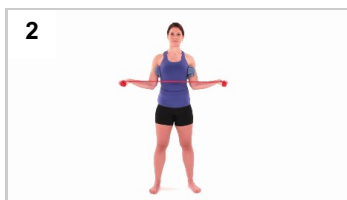
Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

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

Standing Shoulder External Rotation with Resistance

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

Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

Movement

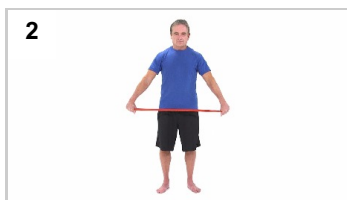
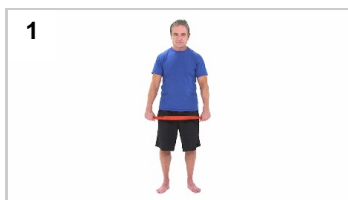
Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.

Low Horizontal Abduction with Resistance

REPS: 10	HOLD: 10	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position with your arms at your sides, holding the ends of a resistance band in each hand.

Movement

Press your hands out to your sides, pulling the band apart, then return to the starting position, and repeat.

Tip

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

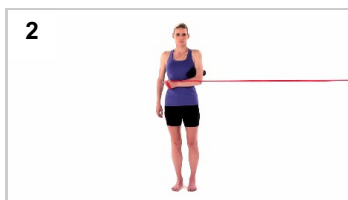
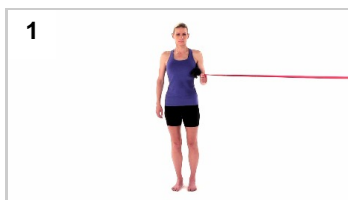
Shoulder Internal Rotation with Resistance

REPS: 10

SETS: 2

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.

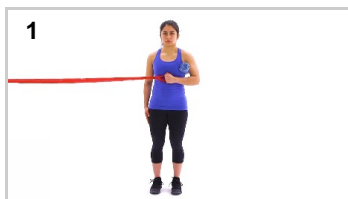
Shoulder External Rotation with Anchored Resistance

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

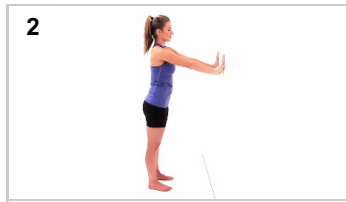
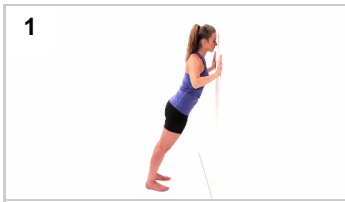
Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

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.

Wall Push Up with Plus

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

Begin standing with your hands resting on a wall in front of you at shoulder height.

Movement

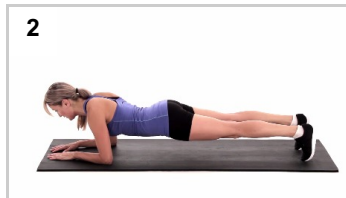
Bend your elbows, leaning your body towards the wall, then push yourself back into the starting position and continue, pulling your shoulder blades apart, and repeat.

Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise.

Plank on Forearms with Scapular Protraction Retraction AROM

REPS: 5	HOLD: 30	DAILY: 2	WEEKLY: 7
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Setup

Begin on all fours with your arms straight under your shoulders.

Movement

Lower onto your forearms and lift your legs up into a plank position. Slowly round your upper back, pulling your shoulder blades apart. Hold briefly, then lower back down, squeezing your shoulder blades, and repeat.

Tip

Make sure to keep your back flat and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

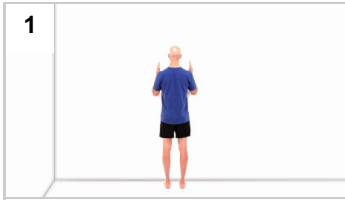
Low Trap Setting at Wall

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position facing a wall.

Movement

Rest both hands on the wall with your palms facing inward, then slide them up the wall in a diagonal direction. When your arms are straight, raise your hands a few inches from the wall, activating your shoulder muscles. Bring your arms back down and repeat.

Tip

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