



Things to keep in mind while performing exercises:

- Keep shoulder blade set (down and back) before starting each exercise
- Try not to shrug the shoulder during the exercise
- Hold each exercise for at least 1 second before returning slowly to the start position
- Begin by performing 3 sets of 10 repetitions
- Adding a weight will increase the difficulty of any exercise

External Rotation

Lie on side with elbow bent to 90 degrees. Keeping elbow bent and tucked at side, draw arm up towards the ceiling.



Shoulder Abduction

Lie on side with arm straight. Raise up the arm towards shoulder height while keeping elbow straight.



Serratus Punch

Lie on back with arm straight in front, towards the ceiling. Keep elbow straight. Bring the shoulder forward towards the ceiling, lifting shoulder off the surface.





Chest Press

Lie on back with elbows bent and slightly out to the side. Slowly raise arm up towards the ceiling while straightening the elbow.



Shoulder Flexion

Start with elbow straight and arm down by hip. Slowly raise the arm to shoulder height.

