

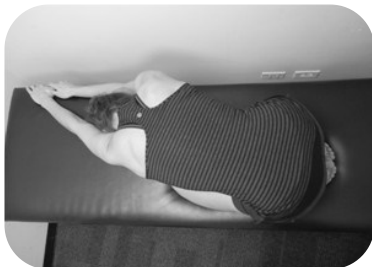
# MISSY FRANKLIN'S SHOULDER PROGRAM

PRESENTED BY 



## Doorway Pec Stretch

With both arms close to 90 degrees, walk through doorway until you feel a stretch in your chest. **3 sets of 30 sec holds**



## Lat Stretch

Sit your hips onto your heels. Reach both hands in the same direction to elongate the side opposite the way you are reaching. You should feel a stretch down the side of your body. **3 sets of 30 sec holds, each side**



## Prone Shoulder Extension: "I"

Lie on your stomach. Squeeze your shoulder blades in toward your spine, then raise your arm straight back with your palms facing the floor. Perform reps slowly. **3 sets of 15 reps, each side**



## Prone Shoulder Abduction: "T"

Lie on your stomach. Squeeze your shoulder blade toward your spine, then raise your arm straight to the side with your palm facing the floor. Perform reps slowly. **3 sets of 15 reps, each side**



## Ceiling Punches

Lie on your back. Hold 5 to 10lbs. Keeping your elbows straight. Gently punch your arm toward the ceiling. Your shoulder blade will move forward on your rib cage. Perform reps slowly. **3 sets of 20 reps**



## Side Lying External Rotation

Lie on your side. Hold up to 5lbs. Keep elbow in line with your hip and gently squeeze your shoulder blade toward your spine. Slowly rotate your hand toward the ceiling. **3 sets of 10 reps**