



Shoulder Extension

Standing in readiness position. Attach tubing above shoulder level. Hold tubing straight out in front of body keeping elbow slightly bent and palm facing inward. Slowly pull tubing straight down past side of body. Hold, lower and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Front Raise

Standing in readiness position. Attach tubing behind body at ankle level (or step on it). Hold tubing down at side with palm facing inward. Raise arm straight up forward toward shoulder level keeping elbow slightly bent. Avoid shrugging the shoulder. Hold, lower and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Sh. Abduction 45° Thumb Up

Standing on tubing, hold tubing along side with thumb up. Raise arm up until parallel with floor, keeping arm at a 45° angle to body and elbow straight. Avoid shrugging shoulder. Slowly lower to starting position. Repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Shoulder Horiz. Abd. - Standing

Standing in readiness position holding tubing straight out in front of chest. Pull tubing, bringing arms straight out sideways, squeezing through the mid back. Avoid shrugging shoulders and keep shoulder blades squeezed down and back throughout the motion. Slowly return to starting position. Repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Post Deltoid Row

Sitting, holding tubing in front of body at shoulder height. Pull tubing bringing elbows back, keeping arms level with the shoulders. Sit tall and avoid shrugging the shoulders. Keep mid back tight while returning to start position. Repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Shoulder Retraction

Sitting or standing in readiness position. Hold tubing out in front at chest level keeping elbows straight and palms facing down. Pull tubing straight back by squeezing through the mid back and shoulder blades. Hold, return to start and repeat.

Sets:	2
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Serratus Punch - Unilat

Attach tubing behind body at shoulder level. Hold tubing straight out in front with palm down and elbow slightly bent. Straighten elbow and reach straight forward (protraction) pulling tubing. Return to start position and repeat.

Sets:	2
Reps:	15
Weight:	green
Hold:	
Rest:	30-60sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



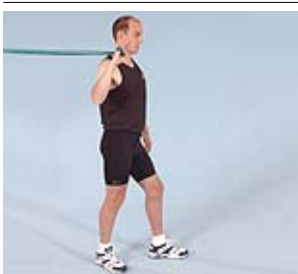
R/C Internal Rotation

Standing or sitting in readiness position. Attach tubing at elbow level from same side of body. Hold tubing out away from body, keeping elbow bent to 90° and tight to the side. Pull tubing in toward stomach keeping elbow against side. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



'Swim' / Forward Reach

Attach tubing coming from behind body and hold in front of shoulder with palm facing down. Reach arm up and forward as if to be swimming front crawl. Return to start position with control and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



R/C External Rotation

Standing or sitting in readiness position. Attach tubing at elbow level from opposite side of body. Hold tubing against stomach keeping elbow bent to 90° and tight to side of body. Pull tubing out away from body keeping elbow tight to side. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

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