

## Workout # 2

Reminders before you start:

1. Watch the video for a visual explanation on how to perform each exercise.
  - a. Read the key points thoroughly to execute each exercise well.
  - b. You can have the video near you so you can start and pause whenever you need.

2. Have a water bottle and towel with you.

3. Sanitize before and after the workout.

Note: If you feel uncomfortable/pain doing any of the below exercises, skip the exercise and/or stop working out.

4. Make sure the water bottle you use should be no more than 32oz and should be full of water. You don't want any empty space for the water to move around.

## Shoulder Warm-up

Perform each exercise.. White and Blue 2 rounds 5 to 8 reps per exercise. Red and Fish 1 round 3-5 reps of each exercise. Take a :30 break at the end of each exercise.

1. Opposite hand-toes & knee- elbow touch
  - a. Take your time to find the correct coordination
2. Scapular mobility #1
  - a. Narrow your grip by round (always start with wide grip)
3. Flexion
  - a. When perform this exercise use light resistance
  - b. If you don't have a stretch cord you can use a water bottle
  - c. Thumbs up, control the movement and keep the shoulder in place
4. Hand Rotation
  - a. Keep arms shoulder level forming a "T" position
  - b. Rotate your hands finding the greatest rotation in either direction
5. Jumping Jacks
6. Scapular mobility #2
  - a. Narrow your grip by round (always start with wide grip)
  - b. Alternate clockwise rotation with counterclockwise rotation
7. Flexion 90 degree elbow
  - a. Thumbs up
  - b. If you don't have a stretch cord, keep your arms parallel
8. Scapular push-up
  - a. This is a small range of motion ( it is not a push up)
  - b. You can do this on your knee or in a plank position
  - c. Simply focus on pinching your shoulder blades together
  - d. set up your hands under your shoulders. Your body should be in a nice straight line from head to your hip, if you are doing plank engage your core and keep a straight line head to heels.
9. ITYW

- a. Lie prone on the ground, preferably with a towel under your face and toes pointed/relaxed.
- b. Keep neck neutral and forehead on the ground, with arms up overhead in a straight line with thumbs pointed up. This is the 'I', "Y", T" position.
- c. lift shoulders off the ground and retract the scapula back and lift the arms straight upwards

### Shoulder exercise

Perform each exercise.. White and Blue 2 rounds 5 to 8 reps per exercise. Red and Fish 1 round 3-5 reps of each exercise. Take a :30 break at the end of each exercise.

#### 1. Row with water bottle

- a. use a water bottle
- b. Set up: Spine in neutral position
- c. Let the scapula slide around the rib cage and retract it
- d. Avoid rotating your body or changing the position of your spine throughout the lift.

#### 2. External and Quick external rotation

- a. If you don't have a stretch cord you can skip this exercise
- b. To keep your elbow in place pinch a towel between elbow and body
- c. Thumb up, control the movement in and out.
- d. External rotation, Work on the wide range of motion, holding a position for 1-2

seconds

#### 3. Shoulder Extension

- a. Starting with your palms next to your body
- b. Lift your arm behind your back. A normal range of motion for shoulder extension to the highest point is between 45 and 60 degrees.
- c. While lifting your arms back, keep your upperbody in upright position ( do not hunch)

#### 4. Abduction

- a. If you don't have a stretch cord you can use a water bottle, or nothing
- b. Raise your arm out from the sides of your body
- c. Starting with your palms at your sides, and finish hand above your head with your arms

straight.

#### 5. Adduction

- a. Starting with a hand slightly lower than shoulder level, and finishing with your arms straight next to your side. Imagine squeezing "the muscle" under your armpit

#### 6. 45 & 90 degree elbow rotation

- a. If you don't have a stretch cord you can use a water bottle, or nothing
- b. Keep elbow in place while rotating
- c. Control movement and work at your greatest range of motion

#### 7. Internal rotation

- a. If you don't have a stretch cord you can skip this exercise
- c. Imagine your arm is a door

#### 8. Reverse Fly

- a. Use no Weights.
- b. Set-up: Bent over, about 45 degree and Keep back straight, head neutral position
- c. Keep your elbow slightly bent. Palms facing each other.
- d. Lift your arms in an arc motion to your side.

#### 9. Fly

- a. Use no weights. That can help you to get the full range of motion from the move without overextending. Extending too far may lead to an injury.
- b. lying on your back on a flat bench or standing with cable machine
- c. Keep your elbow slightly bent
- d. Control the movement going up and down
- e. Start with arms above the head (do not lock them out).Your palms and water bottle should be facing each other.
- f. In an arc motion extended your arm to your sides. Don't drop your arms lower than your shoulders.