



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	

Notes:

- 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



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	

Notes:

- 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



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	

Notes:

- 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



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	

Notes:

- 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



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	

Notes:

- 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



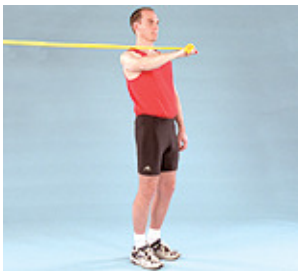
Shoulder Retraction

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	

Notes:

- 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



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	

Notes:

- 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