



1. Prone scapula retractions

Lie on your front with arms by your side and your palms facing downwards. Pull your shoulder blades back and down. Hold and then slowly relax.

1 rep, 1 set, 1 s hold



2. Prone alternate arm-leg lift

Lie on your front with your head in a neutral position. Extend your arms straight out in front of you. Simultaneously lift one arm and the opposite leg, clenching your buttock muscles and your abdominal muscles to maintain stability in your body. Keep a neutral alignment with your head throughout the movement. Lower the arm and leg together, then repeat with the other pair.

1 rep, 1 set



3. Eccentric shoulder horizontal extension with weight Unilateral

Lie on your back on an bed with a weight in the hand of your affected side. Start with your upper arm out to your side, your elbow bent and with your forearm pointing up to the ceiling. Push the weight towards the ceiling, straightening your elbow. Keeping your elbow straight, slowly lower the weight out to your side. Return to the start position and repeat.

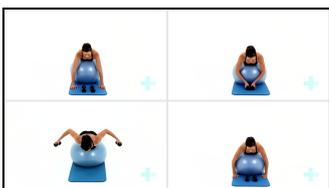
1 rep, 1 set



4. Fly with weight supine

Lie on your back with your knees bent, holding a weight in each hand. Reach the weights directly up to the ceiling. Lower your arms slowly out to the side, keeping a small bend in your elbows. Once your arms reach the floor, reverse the movement bringing your arms back up towards the ceiling.

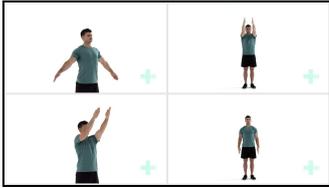
1 rep, 1 set, 2lbs weight



5. Reverse fly on stability ball

Lie on your front with a stability ball under your hips. Hold a weight in each hand on the floor in front of you. Keeping your elbows slightly bent, lift the arms up and out to the side, generating the movement by squeezing your shoulder blades together. Control the movement back to the start position.

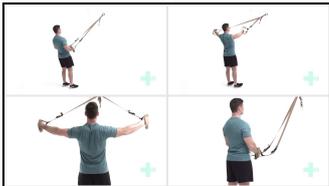
1 rep, 1 set, 2lbs weight



6. Shoulder circles

Stand tall with your arms at your sides. Pull your shoulder blades back and down towards your buttocks, and rotate your arms forward. Repeat in the opposite direction and continue to complete the set.

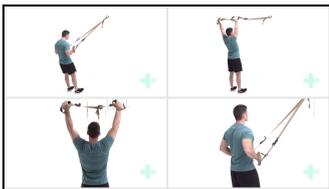
1 rep, 1 set



7. TRX "T" fly

Stand up straight with your feet shoulder width apart. Have the straps shortened and grasp the handles, holding your arms straight out in front of you. Lean backwards, keeping your abdominal muscles strong and your body straight. Pivoting from your heels pull yourself up, moving your arms out to the sides into a "T" position. Once your arms are directly out to your sides, return to the starting position, controlling the descent through your shoulders.

1 rep, 1 set



8. TRX "Y" fly

Stand up straight with your feet shoulder width apart. Have the straps shortened and grasp the handles, holding your arms straight out in front of you. Lean backwards, keeping your abdominal muscles strong and your body straight. Pivoting from your heels pull yourself up, moving your arms up and out into a "Y" position. Once your arms are directly out to your sides, return to the starting position, controlling the descent through your shoulders.

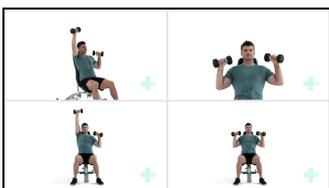
1 rep, 1 set



9. Overhead press - seated with dumbbells

Sit on a bench holding a pair of dumbbells at your shoulders in the press position. Press the weight overhead ensuring your arms are fully locked out. Lower the dumbbells back down to your shoulders.

1 rep, 1 set, 2lbs weight



10. Overhead press - seated, alternate arms with dumbbell

Sit on a bench holding a pair of dumbbells at your shoulders in the press position. Press one dumbbell overhead ensuring your arms are fully locked out. Lower the dumbbell back down to your shoulders and repeat with opposite arm.

1 rep, 1 set, 2lbs weight