

STEP 1



STEP 2



STEP 3



Shoulder PNF D2 Extension

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with one arm held out to your side overhead and your thumb pointing up.

Movement

Bring your arm downward across your body, rotating your thumb to point down. Then reverse this motion back to the starting position and repeat.

Tip

Tips

STEP 1



STEP 2



Shoulder PNF D2 Flexion

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down.

Movement

Slowly raise your arm overhead across your body, and rotate it so your thumb is pointing up. Then reverse this motion back to the starting position, and repeat.

Tip

Make sure to keep your back straight, and do not let your body turn as you move your arm.

STEP 1



STEP 2



Shoulder External Rotation with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

Movement

Rotate your arm out to your side, pulling against the resistance, then slowly return to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck. Do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Shoulder Internal Rotation with Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side closest to your bent arm.

Movement

Slowly rotate your arm inward.

Tip

Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



STEP 3



Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

Movement

Slowly rotate your arm upward until your palm is facing forward and hold.

Tip

Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Single Arm Shoulder Internal Rotation in Abduction with Anchored Resistance

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with your arm out to the side, bent at 90 degrees, holding a resistance band anchored behind you at shoulder height.

Movement

Rotate your arm forward, without letting your elbow drop, then slowly return to the starting position and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Shoulder Abduction with Dumbbells - Thumbs Up

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in each hand.

Movement

Keeping your elbows straight, raise both arms directly out to your sides with your thumbs up, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



STEP 3



Scaption with Dumbbells

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells

Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

STEP 1



STEP 2



Sidelying Shoulder ER with Towel and Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your side with a towel roll tucked under your upper arm, and your elbow bent to 90 degrees, holding a dumbbell.

Movement

Slowly rotate your forearm upward, then return to the starting position and repeat.

Tip

Make sure to keep your elbow bent and tucked in at your side as you lift your forearm and avoid shrugging your shoulders during the exercise.

STEP 1



STEP 2



Prone Horizontal Abduction with Palms Down

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying face down on a table or bed with your arms to your sides, holding a dumbbell in each hand.

Movement

With your palms facing downward, raise your arms backward as far as you can.

Tip

Make sure to keep your arms straight and your palms facing downward. Think of squeezing your shoulder blades together as you lift your arms.

STEP 1



STEP 2



STEP 3



Prone Single Arm Shoulder Horizontal Abduction with Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Being lying on your front with your arm hanging off the edge of a table or bed, holding a dumbbell.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm out to your side at a 90 degree angle. Slowly lower your arm back down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

STEP 1



STEP 2



Prone Shoulder Row

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table.

Movement

Pull your arm up, allowing your elbow to bend and keeping it tucked toward your body. Return to the starting position and repeat.

Tip

Avoid shrugging your shoulders during this exercise. Think of squeezing your shoulder blades together as you pull your arm up.

STEP 1



STEP 2



STEP 3



Prone Shoulder Row with External Rotation with Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin lying on your front with one arm hanging off the edge of a bed or table, holding a dumbbell.

Movement

Squeeze your shoulder blades inward toward your spine and pull your arm up, bending your elbow and keeping it close to your body. Then rotate your forearm out to your side. Reverse the movement and repeat.

Tip

Make sure to keep your shoulder blades gently squeezed together during the exercise and do not shrug your shoulders.

STEP 1



STEP 2



Seated Shoulder Press Ups Off Table

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright with your feet hanging off the edge of a table.

Movement

Place your hands in fists by your hips and push down into the table, lifting your body up. Lower yourself back down and repeat.

Tip

Make sure to keep your back straight throughout the exercise and do not shrug your shoulders.

STEP 1



STEP 2



Push Up

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin on all fours on a comfortable surface. Move your body forward into a push-up position, with your arms slightly wider than shoulder width apart, knees straight, and feet together.

Movement

Slowly lower your body to the ground then push yourself back up and repeat.

Tip

Keep your back straight and maintain a gentle chin tuck throughout the exercise.

STEP 1



STEP 2



Standing Bicep Curls Supinated with Dumbbells

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin in a standing upright position, holding a dumbbell in each hand, with your palms facing forward.

Movement

Slowly curl both dumbbells up toward your shoulders, then lower them back down and repeat.

Tip

Make sure to keep your palms facing forward, back straight, and do not shrug your shoulder during the exercise.

STEP 1



STEP 2



Seated Overhead Elbow Extension with Dumbbells with PLB

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting upright in a chair. Raise your arms straight overhead and bend your elbows. Breathe in through your nose

Movement

Keeping your elbows in the same spot, straighten both of your arms at the same time, pressing your hands overhead, while blowing out through pursed lips, as if you are blowing out a candle. Return to the starting position, while breathing in through your nose. Repeat.

Tip

Make sure the exhalation is about twice as long as the inhalation. Make sure to maintain an upright posture and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Seated Wrist Flexion with Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing upward.

Movement

Curl your wrist towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.

STEP 1



STEP 2



Seated Wrist Extension with Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Sit with one arm resting on a table, grasping a lightweight dumbbell and palm facing downward.

Movement

Bend your wrist backwards towards your body, then slowly return to the starting position.

Tip

Make sure to only move your wrist, and avoid any forearm or shoulder movement during the exercise.



Forearm Supination with Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting with your forearm resting on a table, holding a dumbbell, palm facing down.

Movement

Slowly rotate your forearm until your palm is facing up, then rotate it back to the starting position and repeat.

Tip

Make sure to keep your wrist straight throughout the movement.



Forearm Pronation with Dumbbell

SETS: 3 | REPS: 10 | DAILY: 1 | WEEKLY: 3

Setup

Begin sitting with your forearm resting on a table, holding a dumbbell, palm facing up.

Movement

Slowly rotate your forearm until your palm is facing down, then rotate it back to the starting position and repeat.

Tip

Make sure to keep your wrist straight throughout the movement.