



### CABLE - MID ROWS

Stand in a lunge position. Hold the handles of a cable system with your arms out in front of your body with elbows straight. Pull the cables back as you allow your elbows to bend and your wrists to slightly extend. Return to starting position as you straighten your elbows. Repeat.

Your shoulder blades should be retracted down and back. Keep your elbows near the side of your body.

Repeat 12 Times

Hold 2 Seconds

Complete 4 Sets

Perform 1 Times a Week



### CABLE - SHOULDER EXTENSION

Hold the handle of a cable system and then pull the cable down and back towards your side. Raise your arm back up to starting position and repeat.

Repeat 12 Times

Hold 2 Seconds

Complete 4 Sets

Perform 1 Times a Week



### Foam Roller Roll Ups- Resisted ER

Start by looping a resistance band around both hands as shown. Then, standing about 1-2 feet away from a wall, place your forearms on a foam roller as shown on the image to the left. While maintaining the resistance band taught/tight slowly extend your arms up but rolling up the wall. When you've reached your maximum height, slowly lower back down to the starting position.

Repeat.

Try to reach up so your head falls between both arms at the end point.

Repeat 10 Times

Hold 2 Seconds

Complete 3 Sets

Perform 1 Times a Week



### Cable or (band) Reverse fly

High to Low

Reach your arms towards midline and let your shoulders go forward during the relaxation part

Squeeze shoulder blades back down, maintain good posture and don't arch back

\*1 second pause on each rep

Repeat 12 Times

Hold 2 Seconds

Complete 4 Sets

Perform 1 Times a Week



### Floor bench press

Utilize this position to stabilize your shoulder blades.

Keep elbows tight to your sides or 15 deg away from body.

Repeat 12 Times

Hold 2 Seconds

Complete 4 Sets

Perform 1 Times a Week



### FULL PLANK

Hold a plank position in full elbow extension with your legs spread slightly apart as shown. Do not let your back arch down.

Repeat 3 Times

Hold 1 Minute

Perform 1 Times a Week



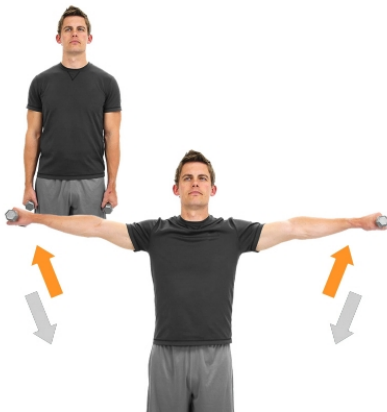


### Hughston 1 Bench

While straddling a workout bench with arm hanging by your side, lift arm up towards head while keeping shoulder back and down. Thumbs should be pointing upwards.

Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 1 Times a Week



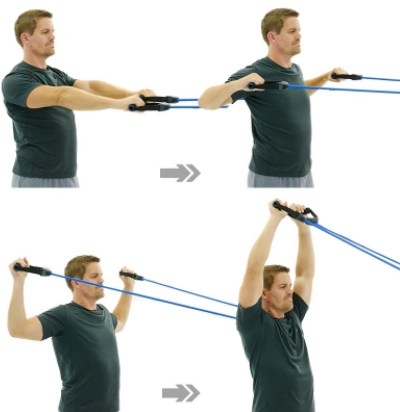
### FREE WEIGHT - BILATERAL ABDUCTION IN NEUTRAL - LATERAL RAISE

While holding a dumbbell in both hands and with your elbows straight, raise your arms up from your side with the palms facing downward. Lower and repeat.

Do not let your shoulder shrug upwards and do not go over shoulder level height.

Repeat 15 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 1 Times a Week



### ELASTIC BAND - SCAPULAR RETRACTION - ROW 90 EXTERNAL ROTATION WITH OVERHEAD ARC

Start by holding an elastic band straight out in front of your body with both palms pointed down as shown.

Pull the elastic band back as you bend at your elbows and squeeze your shoulder blades (scapulae). Your elbows should be approximately 90 degrees away from your side with your forearms pointed forward.

Next, externally rotate your shoulders so that your forearms are pointed upward. Then, raise your arms up overhead.

Return to starting position and repeat.

Repeat 8 Times  
Complete 3 Sets

Hold 2 Seconds  
Perform 1 Times a Week