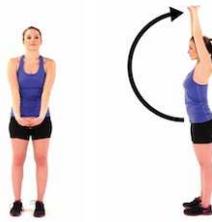


STEP 1    STEP 2



## Overhead Stretch with Fingers Interlaced

REPS: 5 | HOLD: 10 | WEEKLY: 3x |

### Setup

- Setup: Begin in a standing upright position. Lace your fingers together with your palms facing outward.

### Movement

- Keeping your elbows straight, raise your arms over your head. You should feel a stretch in the front of your upper arms.

### Tip

- Maintain a gentle chin tuck throughout the exercise and do not over arch your back.

STEP 1



STEP 2



## Shoulder External Rotation

REPS: 15 | SETS: 3 | WEEKLY: 3x |

### Setup

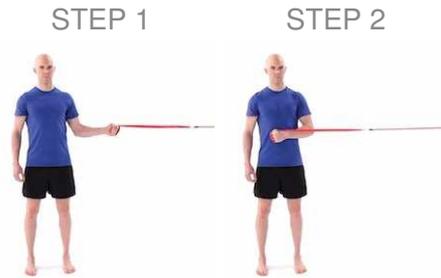
- Begin standing upright with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band that is anchored out to your opposite side.

### 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.



## Shoulder Internal Rotation

REPS: 15 | SETS: 3 | WEEKLY: 3x |

### Setup

- Begin in a standing upright position with one arm bent at a 90 degree angle with your fist facing forward.

### Movement

- Rotate your forearm across your body so your fist is facing the opposite direction, then return to the start and repeat.

### Tip

- Make sure to keep your elbow tucked in at your side and maintain good posture during the exercise.



## Shoulder External Rotation in Abduction

REPS: 15 | SETS: 3 | WEEKLY: 3x |

### Setup

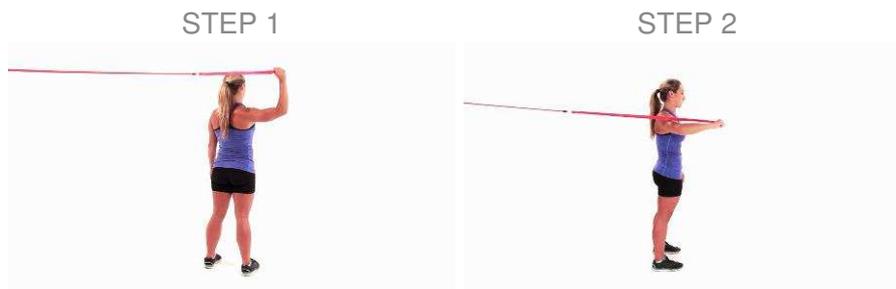
- Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

### 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.



## Shoulder Internal Rotation in Abduction

REPS: 15 | SETS: 3 | WEEKLY: 3x |

### Setup

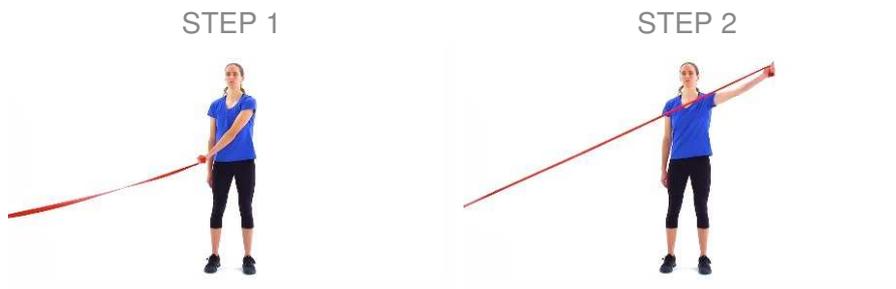
- Begin in a standing upright position with your arm out to the side, bent at 90 degrees, holding a resistance band anchored behind you at shoulder height.

### 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.



## Diagonal Pull

REPS: 15 | SETS: 3 | WEEKLY: 3x |

### Setup

- Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down, holding the end of a resistance band that is anchored below.

### Movement

- Slowly raise your arm overhead across your body, rotating your arm so your thumb points up. Reverse this motion back to the starting position, and repeat.

### Tip

- Make sure to maintain an upright posture and do not let your body turn as you move your arm.

STEP 1



STEP 2



## Standard Plank

REPS: 5 | HOLD: 10-30 | WEEKLY: 3x |

### Setup

- Begin lying on your front, propped up on your elbows.

### Movement

- Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

### Tip

- Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



## Reverse Lunge with Rotation

REPS: 10 | SETS: 3 | WEEKLY: 3x |

### Setup

- Begin in a standing upright position holding your hands in front of your chest.

### Movement

- Take a long step backward into a lunge position with your knees bent at 90 degree angles, then rotate your torso toward your forward leg. Rotate back, raise yourself into the starting position and repeat.

### Tip

- Make sure not to let either knee collapse inward or let your knees move forward past your toes. Keep your trunk steady during the exercise.