



SHOULDER WORKOUT



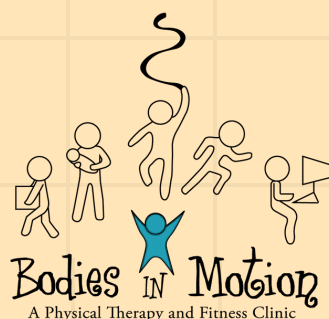
90-90s

Begin against a wall with arms at 90 degrees.
Rotate arms to be parallel with the floor.
Repeat.



Shoulder Abduction

Begin against a wall with arms facing forward at your side. Raise arms to be parallel with the floor. Repeat.



SHOULDER WORKOUT



Shoulder Press

Begin with arms at 90 degrees next to your shoulders. Press arms straight up into the air. Repeat.



Bicep Curls

Begin with arms facing forward at your sides. Curl pinkies in towards your shoulders. Repeat.

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Overhead Tricep Extension

Begin with one arm behind head. Straighten arm at the elbow. Repeat.



Tricep Kickback

Begin bent at ~45 degrees with arms bent at sides. Extend arms behind. Repeat.

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Standing Row

Begin with arms in front. Pull arms in towards the bottom of the sternum. Repeat



Lat Pulldown

Begin with arms wider than shoulder width. Bring elbows down towards the mid back. Repeat.

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Horizontal Pull Aparts

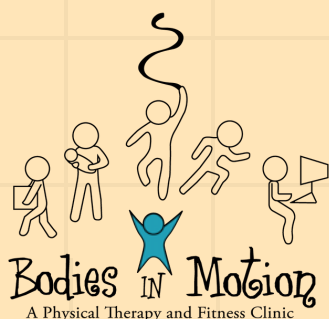
Begin with Theraband shoulder-width apart and palms up. Pull the band out. Repeat.



YTWS

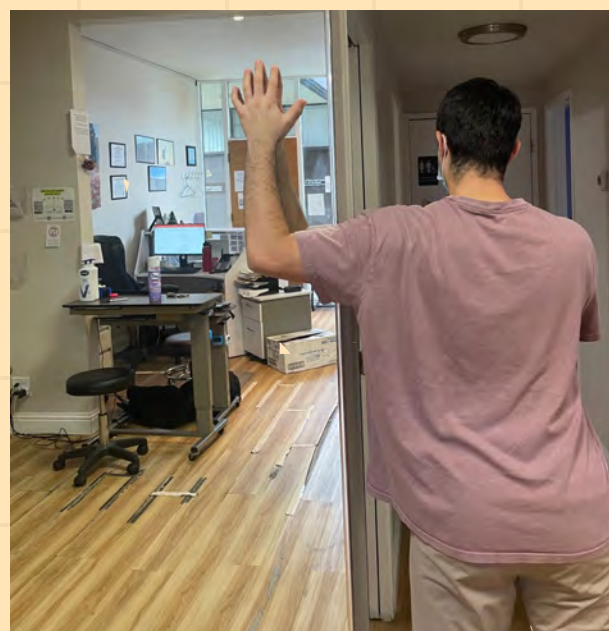
While lying face down, begin each exercise with thumbs to the sky. Slightly raise arms off the ground while pinching shoulderblades together. Repeat.

SHOULDER STRETCHES



Sleeper/SCM Stretch

Gently pull your head towards your neck. Hold for 30 seconds.



Wall Stretch

At a 90 degree angle, place elbow and forearm against the wall. Lean into the stretch in the front shoulder for 30 seconds.