



**Front Raise**

Standing in readiness position. Attach tubing behind body at ankle level (or step on it). Hold tubing down at side with palm facing inward. Raise arm straight up forward toward shoulder level keeping elbow slightly bent. Avoid shrugging the shoulder. Hold, lower and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Sh. Abduction 45°Thumb Up**

Standing on tubing, hold tubing along side with thumb up. Raise arm up until parallel with floor, keeping arm at a 45° angle to body and elbow straight. Avoid shrugging shoulder. Slowly lower to starting position. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Shoulder Extension**

Standing in readiness position. Attach tubing above shoulder level. Hold tubing straight out in front of body keeping elbow slightly bent and palm facing inward. Slowly pull tubing straight down past side of body. Hold, lower and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Bent Over Row - Unilat.**

Standing half bent over at the hips with knees bent. Place tubing under one foot and hold with opposite hand. Pull tubing up toward side of chest keeping elbow tight to side of body. Keep shoulder blades down and back and avoid twisting body. Slowly return to start position and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Lateral Raise / Shoulder Abduction**

Standing in readiness position. Step on tubing and hold tubing down at side keeping elbow slightly bent. Raise arm up and away from side toward shoulder level. Avoid shrugging shoulder. Hold, lower and repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Sh. Abduction 45°Thumb Down**

Standing on tubing, hold tubing with arm down along side with thumb down. Raise arm up until parallel with floor, keeping arm at a 45° angle to body and elbow straight. Avoid shrugging shoulder. Slowly lower to starting position. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Shoulder Horiz. Abd. - Standing**

Standing in readiness position holding tubing straight out in front of chest. Pull tubing, bringing arms straight out sideways, squeezing through the mid back. Avoid shrugging shoulders and keep shoulder blades squeezed down and back throughout the motion. Slowly return to starting position. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**R/C Internal Rotation**

Standing or sitting in readiness position. Attach tubing at elbow level from same side of body. Hold tubing out away from body, keeping elbow bent to 90° and tight to the side. Pull tubing in toward stomach keeping elbow against side. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**R/C External Rotation**

Standing or sitting in readiness position. Attach tubing at elbow level from opposite side of body. Hold tubing against stomach keeping elbow bent to 90° and tight to side of body. Pull tubing out away from body keeping elbow tight to side. Repeat.

Sets:	3-5
Reps:	2-8
Weight:	
Hold:	
Rest:	3-5 min
4 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31