



Front Raise 45° Thumb Up

Standing in readiness position with dumbbell held down at side at a 45° with thumb up. Raise arm up at a 45° in front until parallel with floor. Avoid shrugging the shoulder while raising arm. Hold, lower with control and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
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

Notes:

maintain tall posture so that the shoulder has freedom of movement.



Cross Crawl Quadruped

On hands and knees, maintain abdominal hollow and keep back flat. Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable. Return arm and leg to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 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

Notes:



Shoulder 'Apleys' - Towel

Holding a towel or stick in one hand, reach that hand behind the head and place it down the back. With the opposite hand behind the lower back, grasp other end of towel and try to walk hands together. Hold where comfortable and breath.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

- 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

Notes:

go as far as comfortable and hold it - then go a bit farther as you breath and relax.



Superman

From a kneeling position raise upper body up onto ball and place ball under pelvis. Relax over ball. Raise upper body up off ball, bringing the arms straight up over head as if to fly like superman. Raise up until rib cage is just off ball, ears, shoulders and hips should be in line. Maintain abdominal hollow and pelvic tilt to keep ball stable.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60
5 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

Notes: