
1. Shoulder external rotation

Sets: 3 • Reps: 10



Stand up straight with your arms by your sides.

Bend both elbows to 90 degrees so that your forearms point directly forwards with your palms facing up.

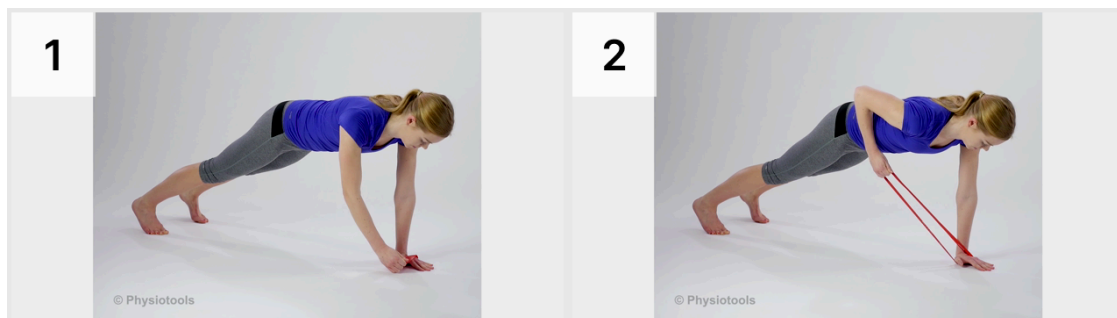
Hold a resistance band in each hand, take up enough slack of the band to ensure the band is taut between each hand.

Keeping your neck long and your shoulder blades relaxed, simultaneously rotate both forearms outwards as far as you can go comfortably.

Control the movement as you bring both arms back in, and then repeat the movement.

2. Resisted Row in Push Up Position

Sets: 3 • Reps: 10



Start on your hands and toes, with your body in a straight line.
Hands are shoulder-width apart, with fingers pointing forwards.
Hold a mini band in both hands.

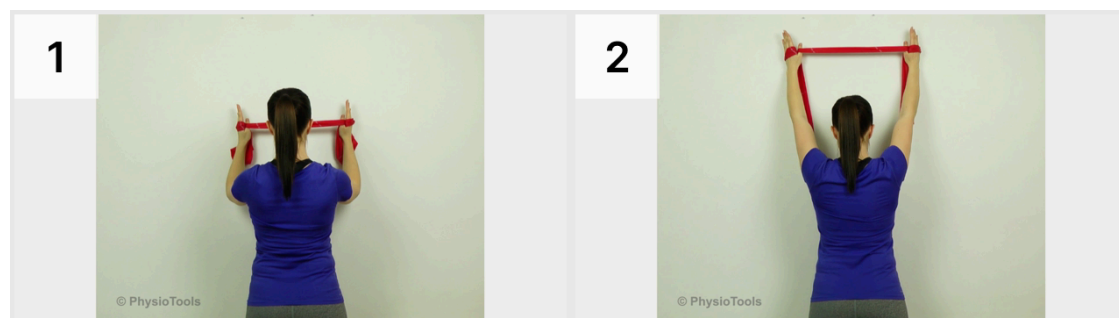
Slightly push your upper back upwards and lengthen your neck.

With one hand, pull the band.

Move your elbow backward, keeping the arm close to your side and body in a straight line. Straighten your arm back towards the starting position and then repeat the rowing motion.

3. Wall slide and lift away from wall - with resistance

Sets: 3 • Reps: 10



Stand tall, facing a wall—forearms against the wall with palms facing each other. An exercise band around both hands, slack taken off. Activate your trunk and buttocks and maintain a neutral spine position throughout the exercise.

Lean towards the wall while sliding your arms upwards to approximately 165 degrees ('Y' position).

Let your shoulder blades 'slide outwards'.

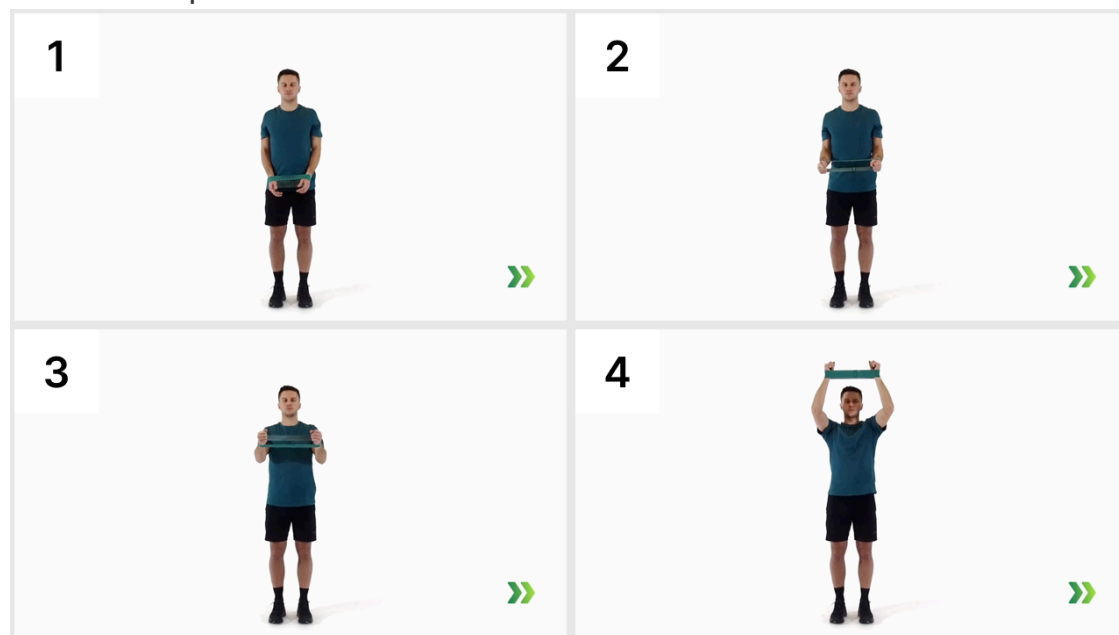
Keep your shoulders down.

At the 'Y' position, lift your arms slightly off the wall.

Return to the starting position.

4. Resisted pulsing shoulder lifts

Sets: 3 • Reps: 10



Place a resistance band around your wrists. Roll your shoulders back and engage your core.

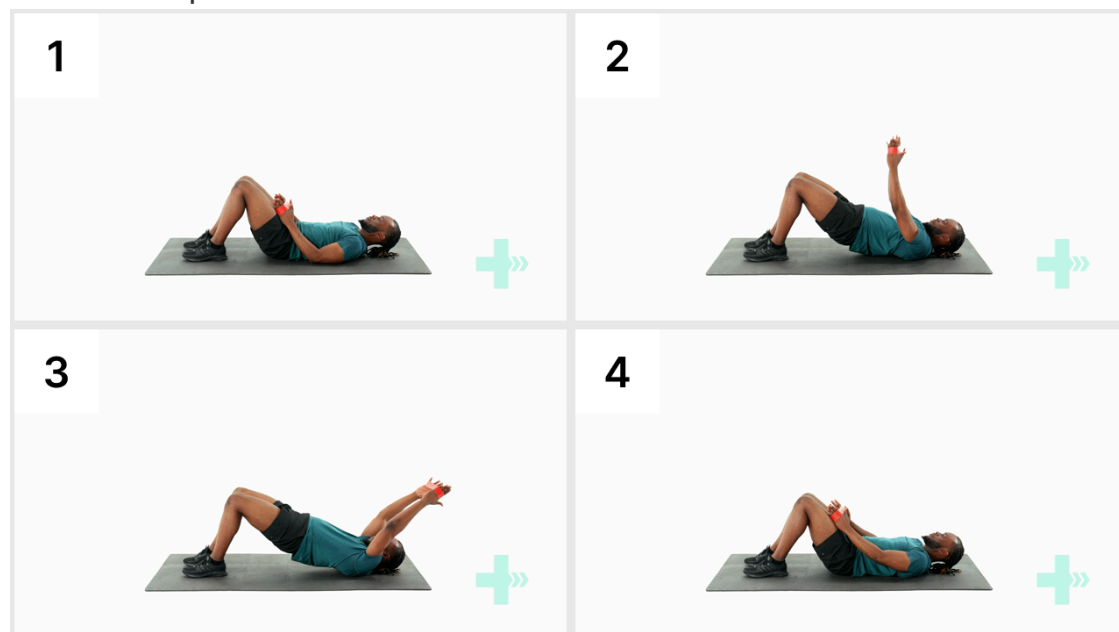
Gently press your wrists outward against the band to create light to moderate tension.

Keeping that tension, make small, controlled outward and inward pulses while slowly raising your arms overhead.

Move only within a pain-free, controlled range of motion. As your comfort improves, gradually lift your arms higher.

5. Bridge - shoulder flexion with resisted external rotator

Sets: 3 • Reps: 10



Lie on your back with your knees bent and feet flat on the floor.

Loop a resistance band around your wrists under moderate tension and rest your hands on your lap.

Simultaneously press your feet against the floor and lift your hips up whilst you raise your hands overhead, maintaining tension on the band.

Try to straighten your hips so that you have a straight line from your shoulders to your knees.

In a controlled manner lower your hips and arms back down.

Repeat.

6. Push up with resistance band

Sets: 3 • Reps: 10



Place a resistance loop around your wrists. Move down into the prone position with your hands directly underneath your shoulders with your toes and balls of your feet in contact with the floor.

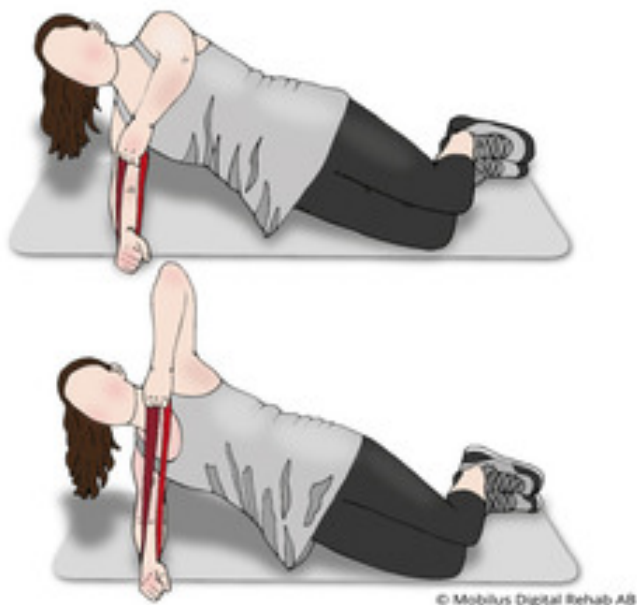
Push upwards extending your arms out straight but do not lock your elbows at the top of the movement.

Pause briefly and then lower back down in a controlled manner until your chest is just off the floor.

Keep your back straight and engage your abdominal muscles throughout the exercise to prevent your trunk from sagging.

7. Side plank with band resisted abduction

Sets: 3 • Reps: 10



Lie on your side and prop yourself up on your elbow.

Place a looped resistance band around your bottom forearm and grab hold of the opposite side in your other hand.

Bend your knees and lift your hips off the mat until you have a straight line from your knees to the top of your head.

While holding the plank position, pull your top elbow up towards the ceiling against resistance.

Hold briefly and then relax; repeat for the required number of repetitions.

8. Prone band resisted scapula "Y"

Sets: 3 • Reps: 10



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Lie on your front with your forehead resting on the ground.

Place a resistance band around both wrists.

With your arms straight, move them up over your head.

Rotate your forearms out so that your palms face forwards.

Squeeze your shoulder blades together, and then press your wrists against the resistance band until your arms make a "Y" shape.

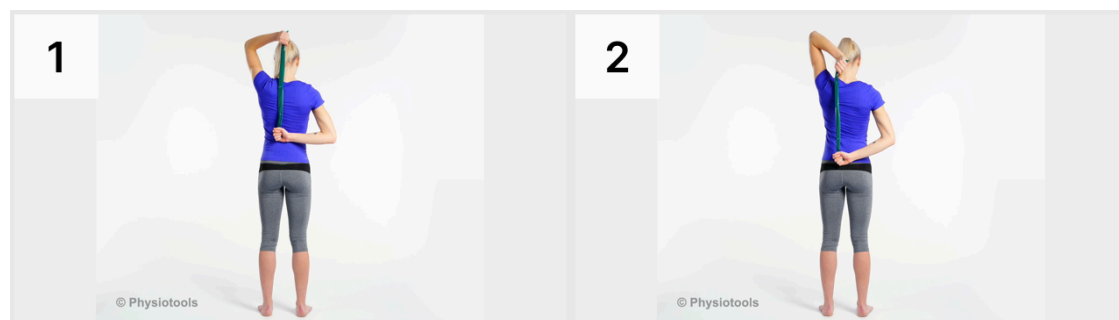
Hold this position and lift your head, chest and arms off the floor.

Hold briefly and then reverse this movement back to the starting position.

Relax and repeat.

9. Assisted Shoulder End-range Flexion with Exercise Band

Sets: 3 • Reps: 10



Stand tall holding one end of a tight exercise band in one hand. Lift your arm up and bend the elbow to bring the band behind your back. Get hold of the exercise band with your other hand.

Gently pull the band downwards with the lower hand, bringing your upper arm up with your elbow pointing towards the ceiling. Relax and return while breathing evenly.

Note. Do not force, but increase the range of motion through relaxing your shoulder.

10. Overhead and Diagonal Resisted Wall Slides with Squats (Miniband)

Sets: 3 • Reps: 10



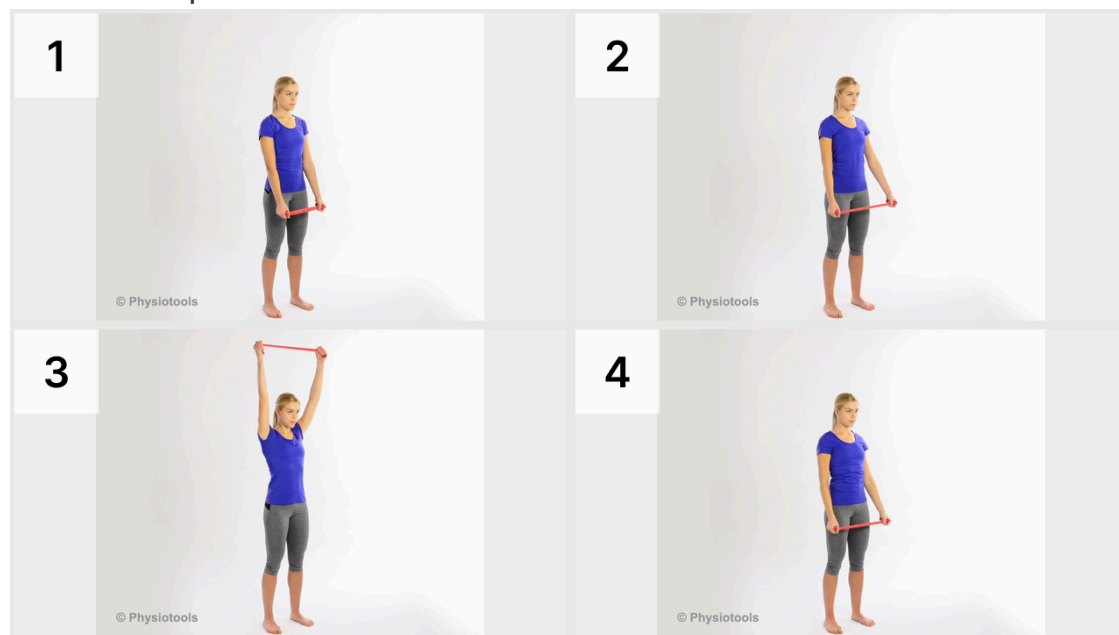
Stand tall, facing a wall with your elbows bent, hands softly against the wall and a mini band around both forearms. Gently press your forearms against the mini band.

Start by squatting down. Then press through your feet to stand up and lean gently towards the wall while sliding your arms upwards. Squat again and stand up by shifting your weight and slide your arms diagonally upwards. Repeat to the other side.

Note. Keep your shoulders down.

11. Arm Lift with Exercise Band

Sets: 3 • Reps: 10

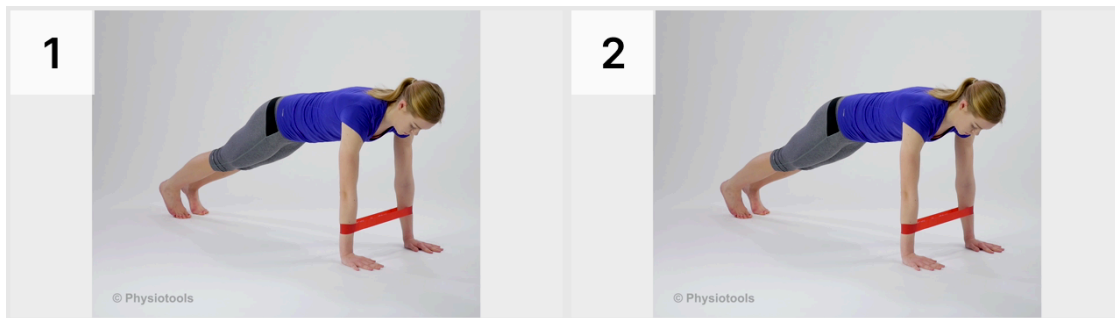


Stand tall holding the ends of an exercise band with both hands. Stretch the band slightly while keeping your arms straight and near your side.

Lift your arms up while stretching the band. Bring your arms down in a controlled manner.

12. Band Resisted Lateral Walks in Push Up Position

Sets: 3 • Reps: 10



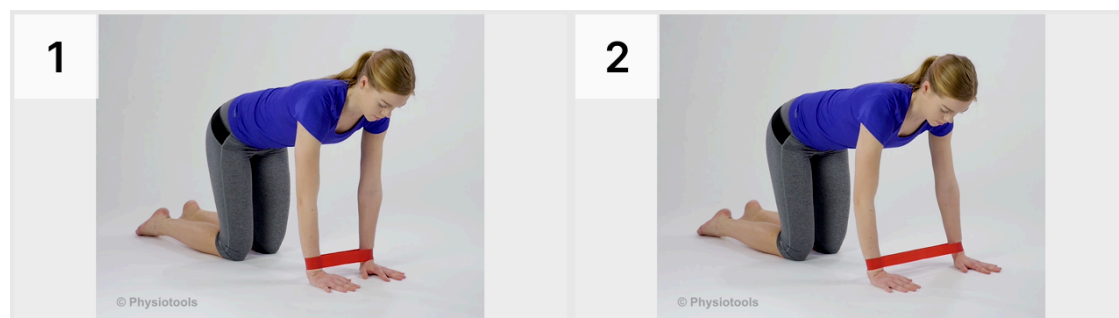
Band Resisted Lateral Walks in Push Up Position

Start in a plank position on your hands and toes; with your body in a straight line. Hands are shoulder-width apart, fingers point forwards and a mini band is stretched around your forearms. Slightly push your upper back upwards and lengthen your neck.

Move sideways by taking steps with your hands and legs. When one leg moves away from the other leg, the opposite arm moves closer to the other hand and vice versa.

13. Quadruped Resisted Lateral Hand Taps

Sets: 3 • Reps: 10



Start on your hands and knees, with a mini band around your wrists.

Lengthen your arms.

Using one hand reach and tap towards one side.

Feel the muscles working in your upper back and shoulders.

Bring the hand to the starting position.

Repeat with the other hand.