

θ External Rotation Standing



With towel at elbow to keep it at your side, pull theraband out away from body. Keep elbow bent to 90° and shoulder relaxed..

___ sets of ___ repetitions

θ Internal Rotation Standing



With towel at elbow to keep it at your side, pull theraband towards you body. Keep elbow bent to 90° and shoulder relaxed.

___ sets of ___ repetitions

θ Sidelying External Rotation



Lying on side, with weight in hand, elbow bent to 90° and towel under elbow, rotate arm and lift hand as high as possible.

___ sets of ___ repetitions

θ Scaption



With thumb up, lift arm up and keep arm in a path 45° in front of you. Don't lift arm above shoulder height

___ sets of ___ repetitions

θ Disco Diagonals



Lying down, hold theraband with one hand down by your waist and the other hand starting across your body with the thumb pointing towards your toes. Keeping elbow straight, reach up in a diagonal. Rotate the arm so that the thumb is pointing towards the floor by the end. **Keep scapula down away from your ears.**

___ sets of ___ reps

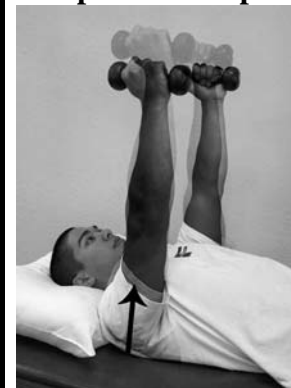
θ Wash the Wall



Hold weighted ball at or above shoulder height with open palm and elbow extended; roll the ball in small circles clockwise and counterclockwise.

___ sets of ___ repetitions

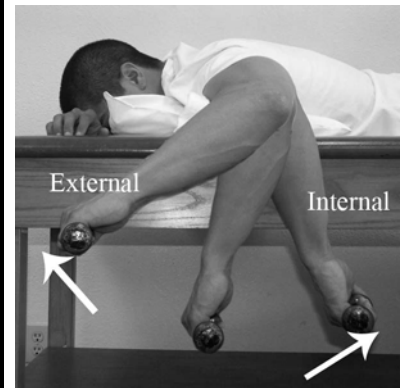
θ Supine Push-up Plus



Keep elbows locked and push up with shoulderblades, rounding your upper back and hollowing your chest

___ sets of ___ repetitions

θ Prone Internal/External Rot.



Lay on stomach with arm 90° away from body and supported on towel. Stabilize shoulderblade and don't let it move into(with IR) or away from(with ER) the towel too much as you rotate the shoulder.

___ sets of ___ repetitions