

θ Bent-over Rows



support your body weight with your uninvolved arm and lift the involved arm, starting by pulling the shoulderblade up

___ sets of ___ repetitions

θ Bicep Curls



stand on theraband and keeping elbows at side, bend elbows

___ sets of ___ repetitions

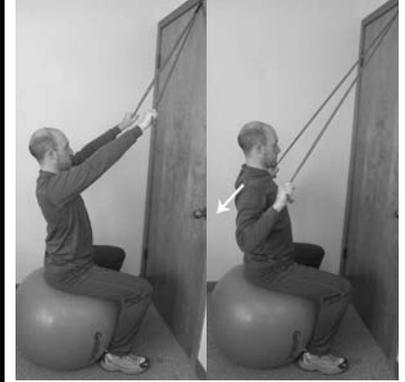
θ Tricep Extension



loop theraband around door and keeping elbows at side, extend elbows

___ sets of ___ repetitions

θ Lat Pull Down



From sitting position, hold theraband with palms down. draw shoulderblades together and down and then pull arms down. Don't lose the upright posture of your back and neck.

___ sets of ___ repetitions

θ Rows



Anchor theraband at or above shoulder height. Pinch shoulderblades together and down and then pull arms back. Don't let shoulders hunch up

___ sets of ___ repetitions

θ Ts and Ys on Ball



Lie on ball and keep chin tucked, looking straight down. Lift arms up, pulling shoulderblades down and together. Keep thumbs pointed up to ceiling.

___ sets of ___ repetitions

θ Push-up Plus



Keep elbows locked and push up with shoulderblades, rounding your upper back and hollowing your chest. Return slowly and let your chest drop but keep elbows extended.

___ sets of ___ repetitions

θ Countertop Push-up



With hands a few inches wider than shoulder-width, push up until elbows are straight and slowly return. Keep elbows out to side.

θ Easier version: hands on wall, standing upright

___ sets of ___ repetitions

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

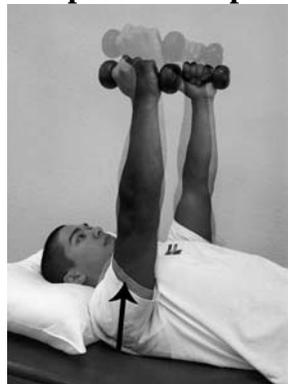
θ Wash the Wall



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

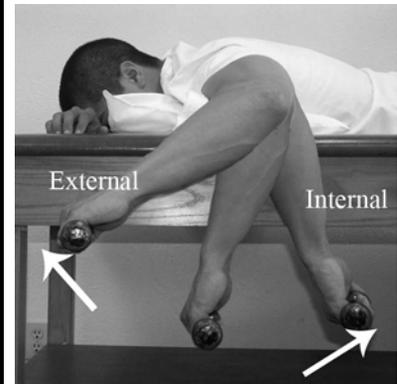
θ Supine Push-up Plus



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