

Shoulder Stability Exercises



Demand us on Social Media





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PITCHERS ENDURANCE EXERCISES

Supinated / Palms Up



Starting Position



Ending Position

Pronated / Palms Down



Starting Position



Ending Position



Overhead / Behind Head



Starting Position



Ending Position

Overhead / Forehead



Starting Position



Ending Position



SHOULDER SCAPTION EXERCISES

Front Raises - Palms Down



Starting Position



Ending Position

Front Raises - Thumbs Up



Starting Position



Ending Position



Side Raises - Palms Down



Starting Position



Ending Position

Side Raises - Thumbs Up



Starting Position



Ending Position



Angled Raises - Palms Down



Starting Position



Ending Position

Angled Raises - Thumbs Up



Starting Position



Ending Position



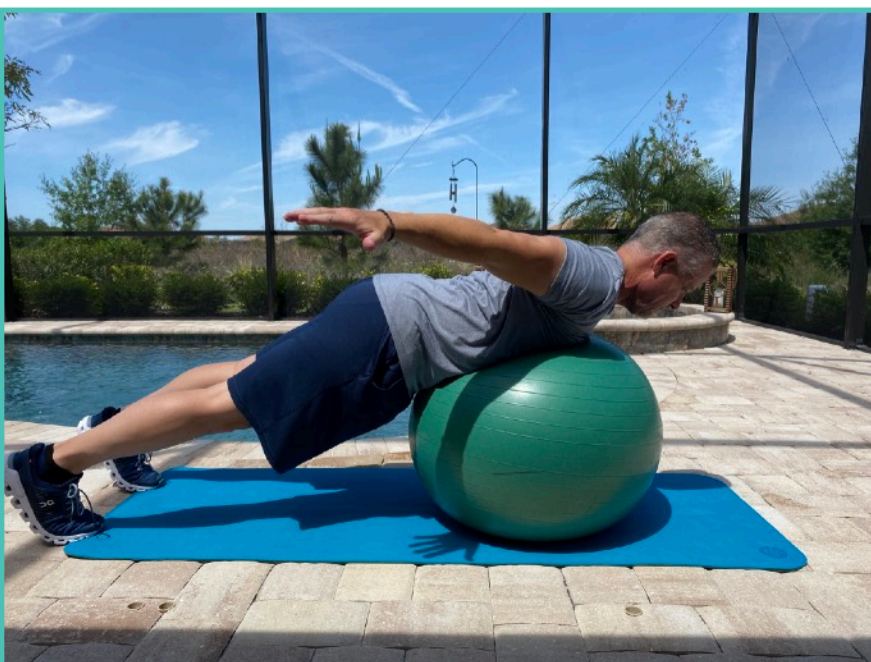
SHOULDER STABILITY EXERCISES



Prone Basic



Prone Superman



Prone Batman



Prone Swimmer



Prone Weighted Superman



Prone Weighted Batman



Prone Weighted Swimmer