**The only Shoulder Exercise you need to do!**

This is a 40 day program that will help you balance the muscle strength evenly all around the shoulder joint.

Do not spin as hard and fast as you can, steady works.

Trust the process, once a day is enough to get the muscles firing again.

If painful straight out, lower your hand to your waist and start there until you can raise your hand to shoulder height.

Stay at shoulder height for at least 10 days before going to the next heavier ball. The next weight may be back at waist height and take time to get to shoulder height.

There are 3 arm positions that you are going to perform the exercises in. In all 3 positions you are going to swing the weighted sock in a clockwise motion for 30 revolutions and counterclockwise for 30 revolutions. The first position is arms straight out (imagine a scarecrow). The second position is arms at a 45 degree angle to the front. The third position is arms straight out in front of your body.

1. For the first 10 days you are going to perform the exercises once a day using a tube sock and 10 quarters.
2. For days 10-20 you are going to perform the exercises once a day using a tube sock and 14 quarters.
3. For days 20-30 you are going to perform the exercises once a day using a tube sock and 18 quarters.
4. For days 30-40 you are going to perform the exercises once a day using a tube sock and 23 quarters.