

**FREE WEIGHT FLEXION IN NEUTRAL ROTATION**

Start with your arms down by your side. While holding a free weight with your palm facing your side and your elbow straight, raise up your arms forward as shown then return to starting position and repeat.

Video # XVUJ74BM5

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

**FREE WEIGHT SCAPTION**

Slowly raise up your arm away from your side in a forward/lateral direction. Your elbows should be straight and movement to occur in the plane of the scapula or 45 degrees to the side.

Video # XVVLKMK3

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week

**FREE WEIGHT - ABDUCTION**

Start by holding a free weight with your elbow straight and by your side with the palm of your hand pointed forward.

Next, lift your arm up to the side, then lower back down and repeat.

Video # XVZ9AEUK7

Repeat 10 Times
Complete 2 Sets
Perform 3 Times a Week



FREE WEIGHT - EXTENSION

While holding a weight by your side, draw your arm back as shown.

Your elbow should be straight the entire time.

Video # XVAKAHJQE

Repeat	10 Times
Complete	2 Sets
Perform	3 Times a Week