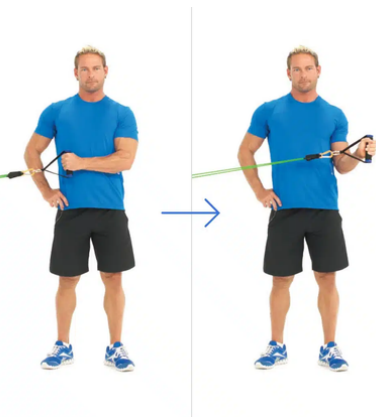


Internal Rotations with Resistance Band



- **Purpose:** Strengthen the internal rotators of the shoulder (subscapularis, pectoralis major, and anterior deltoid).
- **Instructions:** Anchor a resistance band at elbow height. Stand with your side facing the anchor and hold the band with the hand closest to it. Keep your elbow bent at 90 degrees and tucked into your side. Pull the band across your body toward your stomach, keeping your elbow tight to your torso. Slowly return to the starting position.
- **Tips:**
 - Keep your elbow bent at 90 degrees and pressed against your side.
 - Move slowly and control the band's resistance.

Prone Ys and Ts



Purpose: Strengthen the external rotators of the shoulder (infraspinatus and teres minor) for shoulder stability.

Instructions: Anchor a resistance band at elbow height. Stand with your side facing the anchor and hold the band with the hand farthest from it. Keep your elbow bent at 90 degrees and tucked into your side. Pull the band outward, away from your stomach, rotating your shoulder externally while keeping your elbow tight to your torso. Slowly return to the starting position.

Tips:

- Keep your elbow bent at 90 degrees and pressed against your side.
- Move slowly and control the band's resistance.
- Do not shrug or rotate your shoulder forward during the movement.

Sets/Reps: 3 sets of 12 repetitions.