**1. Side Lying External Rotation**

Goal:

* Strengthen the external rotators of the shoulder

Cues:

* start in a comfortable side lying position
* Top arm straight down by your side
* Bend elbow to 90 degrees, palm facing the floor
* Roll up and towel and place it between your elbow and side
* Keep constant pressure on that towel
* Slightly roll your body forward
* Externally rotate shoulder, like you are lifting the back of your hand to the sky
* Keep that pressure on the towel
* Only rotate your shoulder as far as you can without rolling your body back or letting pressure off the towel
* Add weight to increase difficulty
* 3 sets of 10 each side

Where you should feel it:

* Directly behind the shoulder joint
* Behind the uppermost part of the arm

Videos/pictures:

* <https://www.instagram.com/reel/C25M467OTAV/?igsh=MzY1NDJmNzMyNQ==>

**2. Side Lying Abduction**

Goal:

* Strengthen deltoid and supraspinatus muscle
* Increase stability/control of the shoulder

Cues

* start in a comfortable side lying position
* Spine in a neutral position
* Top arm straight down by your side
* Hand/forearm right on top of hip bone
* Thumb pointed to the sky
* Lift your arm straight out to the side to 90 degrees
* Slight pause at the top
* Lower the weight back down to your side slow and controlled
* Avoid letting your shoulder shrug towards your ear

Where you should feel it:

* Side of your shoulder in the deltoid muscle
* Top of the shoulder blade

Video/pictures:

* <https://www.instagram.com/reel/C2721KTJEig/?igsh=MzY1NDJmNzMyNQ==>

**3. Side Lying Horizontal Abduction**

Goal:

* Strengthen the external rotators of the shoulder
* Strengthen the muscles between shoulder blades
* Increase stability/control of the shoulder

Cues:

* start in a comfortable side lying position
* Spine in a neutral position
* Top arm straight out in front of you, about chest height
* Palm facing the floor
* Bring your arm straight back to the side, hand pointed to the sky
* Lower the weight back to the starting position slow and controlled
* Avoid letting your shoulder shrug towards your ear
* Try to move your shoulder blade and arm together

Where you should feel it:

* Back side of your shoulder
* Between your shoulder blades

Video/pictures:

* <https://www.instagram.com/reel/C2_Sqm4RHdq/?igsh=MzY1NDJmNzMyNQ==>

**4. Half Kneeling DB/KB Hold**

Goal:

* Work on the overhead shoulder movement
* Strengthen the shoulder stabilizer muscles

Cues:

* start in a half kneeling position in front of a wall or squat rack
* Align the shoulder and knee on the side you are NOT working with the rack if you’re using one
* Knee down on the side you are NOT working
* Keep your low back flat
* Core engaged all the way around
* Bring the arm you are working up in front, bent 90 degrees at the elbow
* DB or upside down kettlebell in this hand
* Keep your elbow directly below your hand
* Hold this position for time
* Avoid letting your shoulder shrug towards your ear
* Avoid letting your low back arch
* Avoid letting your elbow flare out to the side

Where you should feel it:

* All the area surrounding your shoulder
* Core

Video/pictures:

* <https://www.instagram.com/reel/C3T9mXqL72s/?igsh=MzY1NDJmNzMyNQ==>

**5. Half Kneeling DB/KB Overhead Press** 🎥

Goal:

* Work on the overhead shoulder movement
* Strengthen the shoulder stabilizer muscles

Cues:

* start in a half kneeling position in front of a wall or squat rack
* Align the shoulder and knee on the side you are NOT working with the rack if you’re using one
* Knee down on the side you are NOT working
* Keep your low back flat
* Core engaged all the way around
* Bring the arm you are working up in front, bent 90 degrees at the elbow
* DB or upside down kettlebell in this hand
* Keep your elbow directly below your hand
* From here, press the weight strait overhead toward the sky
* Slight pause at the top
* Lower the weight back down to the starting position slow and controlled
* Avoid letting your shoulder shrug towards your ear
* Avoid letting your low back arch
* Avoid letting your elbow flare out to the side

Where you should feel it:

* All around the area surrounding your shoulder
* Core

Video/pictures:

* <https://www.instagram.com/reel/C5w8Sn4xNjb/?igsh=NTc4MTIwNjQ2YQ==>

**6. Y**

Goal:

* Strengthen the muscles between the shoulder blades (mainly the lower trapezius)

Cues:

* Laying face down on a bench or bed
* Head, shoulders, arms hanging off end of bench or bed
* Thumbs facing forward
* Keep shoulders pulled down and slightly back (latissimus muscles engaged)
* Keep neck and head inline with your mid back, chin tucked
* Bring arms up overhead and slightly out to the side (like you are doing the Y in the YMCA dance)
* Try not to let your shoulders creep up towards your ears
* Keep the motion slow and controlled
* Focus on the squeeze at the top position
* Try to really feel the motion coming from the lower part between the shoulder blades

Where you should feel it:

* The lowermost part between the shoulder blades

Video/pictures:

* <https://www.instagram.com/reel/C3JlQvyLFG8/?igsh=MzY1NDJmNzMyNQ==>

**7. T**

Goal:

* Strengthen the muscles between the shoulder blades (mainly the mid trapezius)

Cues:

* Laying face down on a bench or bed
* Head, shoulders, arms hanging off end of bench or bed
* Thumbs facing together, pinky’s out
* Keep shoulders pulled down (latissimus muscles engaged)
* Keep neck and head inline with the mid back, chin tucked
* Bring arms straight out to the side out to the side (like you are making a T with your arms and body)
* Try not to let your shoulders creep up towards your ears
* Keep the motion slow and controlled
* Focus on squeezing the shoulder blades together at the top of the movement
* Let the shoulder blades separate and roll all the way forward at the bottom of the movement
* Try to really feel the motion coming from the mid part between the shoulder blades

Where you should feel it:

* Middle of the space between the shoulder blades

Video/pictures:

* <https://www.instagram.com/reel/C3RXkgNLo24/?igsh=MzY1NDJmNzMyNQ==>

**8. A** 🎥

Goal:

* Strengthen the muscles between the shoulder blades and down the back (Traps and Lats)

Cues:

* Laying face down on a bench or bed
* Head, shoulders, arms hanging off end of bench or bed
* Palms facing forward, pinky’s in
* Keep shoulders pulled down (latissimus muscles engaged)
* Keep neck and head inline with the mid back, chin tucked
* Bring arms back and slightly out, just beside your hips (like you are making an A with your arms and body)
* Try not to let your shoulders creep up towards your ears
* Keep the motion slow and controlled
* Keep your shoulders pulled down
* Let the shoulder blades separate and roll all the way forward at the bottom of the movement
* Try to really feel the motion coming from the mid part between the shoulder blades and down your sides

Where you should feel it:

* Middle of the space between the shoulder blades
* Sides of your body and mid/low back

Video/pictures:

**9. Prone Shoulder External Rotation**

Goal:

* Strengthen the external rotators of the shoulder

Cues:

* Flat on the floor face down
* Towel or pillow under forehead for comfort
* Target arm out to the side 90 degrees and elbow bent to 90 degrees
* Palm facing the floor
* Place a pillow/block/book/etc. under your elbow
* Press elbow into object and rotate hand up towards the sky as far as you can without lifting your chest off the ground
* Add weight to make it more challenging
* 3 sets of 10 on each side

Where you should feel it:

* Directly behind the shoulder joint itself
* Behind the uppermost part of the arm

Videos/pictures:

* <https://www.instagram.com/reel/C598NoDLWNf/?igsh=NTc4MTIwNjQ2YQ==>

**10. Supine Shoulder Internal Rotation**

Goal:

* Strengthen the internal rotators of the shoulder

Cues:

* Flat on the floor face up
* Knees bent, feet flat on floor
* Target arm out to the side 90 degrees and elbow bent to 90 degrees
* Palm facing the sky
* Press elbow into ground and rotate hand up to perpendicular with the ground
* Keep from rotating your shoulder blade or arching your back
* Add a block or object under your hand if you cannot reach the ground on the rotation back
* Decrease this object height until you can reach the ground without arching back
* Add weight to increase difficulty
* 3 sets of 10 each side

Where you should feel it:

* Front side of shoulder blade, ne’er the ribcage
* Inside the uppermost post of the arm

Videos/pictures:

* <https://www.instagram.com/reel/C52HWXTxSpS/?igsh=NTc4MTIwNjQ2YQ==>

**11. Side Lying Arm Bar**🎥

Goal:

* Strengthen the stabilizer muscles surrounding the shoulder

Cues:

* Start in a comfortable side lying position
* Bring your top arm and weight straight out to your side, hand pointed to the sky
* Slightly pull your shoulder down towards your feet, creating space between your ear and the top of your shoulder
* Keep this space throughout
* Hold this position nice and strong for time
* Breathe
* Avoid letting your shoulder shrug towards your ear
* Avoid too much sway in your arm

Where you should feel it:

* All areas surrounding the shoulder
* Down the lat muscle

Video/pictures:

**12. Side Lying Arm Bar w/ External/Internal Rotation** 🎥

Goal:

* Strengthen the stabilizer muscles surrounding the shoulder
* Stabilize the shoulder through rotation

Cues:

* Start in a comfortable side lying position
* Bring your top arm and weight straight out to your side, hand pointed to the sky
* Slightly pull your shoulder down towards your feet, creating space between your ear and the top of your shoulder
* Keep this space throughout
* From here, rotate your arm inwards as far as you can
* Then as far outwards as you can
* Keep the motion focused around the upper arm and shoulder
* Avoid letting your shoulder shrug towards your ear
* Avoid just rotating your forearm and hand

Where you should feel it:

* All areas surrounding the shoulder
* Down the lat muscle

Video/pictures:

* <https://www.instagram.com/reel/C5rvS6XxRaT/?igsh=NTc4MTIwNjQ2YQ==>

**13. Side Lying Arm Bar w/ Shoulder/Neck Rotation** 🎥

Goal:

* Strengthen the stabilizer muscles surrounding the shoulder
* Stabilize the shoulder through rotation

Cues:

* Start in a comfortable side lying position
* Bring your top arm and weight straight out to your side, hand pointed to the sky
* Slightly pull your shoulder down towards your feet, creating space between your ear and the top of your shoulder
* Keep this space throughout
* From here, rotate your arm inwards as far as you can
* Then as far outwards as you can
* Keep the motion focused around the upper arm and shoulder
* While doing this add head rotation
* Look toward hand/sky when rotating arm outward
* Look away from hand/sky when rotating hand inward
* Avoid letting your shoulder shrug towards your ear
* Avoid just rotating your forearm and hand

Where you should feel it:

* All areas surrounding the shoulder
* Down the lat muscle

Video/pictures:

**14. Supine Arm Bar**

Goal:

* Strengthen the shoulder stabilizer muscles surrounding the shoulder

Cues:

* Lay on the floor face up
* Bend your knees and place your feet flat on the ground
* Bring affected side arm and weight straight up out front, hand pointed to the sky
* Slightly pull your shoulders down towards your feet, creating space between your ear and the top of your shoulder
* Keep this space throughout
* Hold this position nice and strong for time
* Breathe
* Avoid letting your shoulder shrug towards your ear
* Avoid Too much sway in your arm
* Avoid arching your lower back

Where you should feel it:

* All areas surrounding the shoulder
* Down the lat muscle

Video/pictures:

**15. Supine Arm Bar w/ Shoulder Rotation**

Goal:

* Strengthen the stabilizer muscles surrounding the shoulder
* Stabilize the shoulder through rotation

Cues:

* Start lying on your back, face up
* Bend your knees, bring your feet flat on the ground
* Bring affected side arm and weight straight up out front, hand pointed to the sky
* Slightly pull your shoulders down towards your feet, creating space between your ear and the top of your shoulder
* Keep this space throughout
* From here, rotate your arm inwards as far as you can
* Then as far outwards as you can
* Keep the motion focused around the upper arm and shoulder
* Repeat for reps
* Keep the motions, strong, slow, and controlled
* Avoid letting your shoulder shrug towards your ear
* Avoid just rotating your forearm and hand
* Avoid arching your lower back
* Remember to breathe

Where you should feel it:

* All areas surrounding the shoulder
* Down the lat muscle

Video/pictures:

**16. Supine Arm Bar w/ Shoulder/Neck Rotation**

Goal:

* Strengthen the stabilizer muscles surrounding the shoulder
* Stabilize the shoulder through rotation

Cues:

* Start lying on your back, face up
* Bend your knees, bring your feet flat on the ground
* Bring affected side arm and weight straight up out front, hand pointed to the sky
* Slightly pull your shoulders down towards your feet, creating space between your ear and the top of your shoulder
* Keep this space throughout
* From here, rotate your arm inwards as far as you can
* Then as far outwards as you can
* Keep the motion focused around the upper arm and shoulder
* While doing this add head rotation
* Rotate shoulder inward, turn your head away from working arm
* Rotate shoulder outward, turn head toward working arm
* Repeat for reps
* Keep the motions, strong, slow, and controlled
* Avoid letting your shoulder shrug towards your ear
* Avoid just rotating your forearm and hand

Where you should feel it:

* All areas surrounding the shoulder
* Down the lat muscle

Video/pictures:

**17. Supine to Side Lying Arm Bar**

Goal:

* Stabilize the shoulder through trunk rotation

Cues:

* Start lying flat on your back
* Arm on the side you are working straight out in front of you, hand towards the sky
* Knee on that same side bent with your foot flat on the floor
* Opposite leg out straight
* Engage your lats, shoulders slightly pulled down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* From here, you will roll your body over onto your side, keeping your arm pointed straight up to the sky
* Then return to the starting position
* Keep the whole motion slow and controlled
* Focus on keeping your shoulder stabilized throughout the rotation
* Avoid letting your shoulder shrug towards your ear

Where you should feel it:

* All areas surrounding the shoulder
* Core

Video/pictures:

* <https://www.instagram.com/reel/C6Fo8XmrggE/?igsh=NTc4MTIwNjQ2YQ==>

**18. Supine Shoulder Protraction**

Goal:

* Strengthen the serratus anterior muscle
* Stabilize the shoulder

Cues:

* Start lying flat on your back
* Knees bent, feet flat on the ground
* Work one shoulder at a time
* Bring one arm up straight in front of you, hand to the sky
* Engage the lats, slightly pull your shoulders down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* Keep your back flat on the ground
* Engage your core muscle
* From here, push your arm and shoulder straight up towards the sky
* Return to the starting position slow and controlled
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back
* Avoid bending your arm

Where you should feel it:

* Deep in the back part of your arm pit area
* Chest

Video/pictures:

**19. Half Kneeling Unilateral Cable Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Offset kneeling in front of a cable machine
* Offset your body so the shoulder/arm on the side you are working is in line with the cable
* Knee down on the side you are working
* Grab cable handle attachment
* Starting position, arm with weight is outstretched in front, shoulder rolled forward
* Pull weight up and back towards your hip
* Shoulder and arm moving together
* Avoid letting your shoulder shrug towards your ear
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back, side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C6AhrFsrjJi/?igsh=NTc4MTIwNjQ2YQ==>

**20. Half Kneeling Unilateral Lat Pulldown**

Goal:

* Stretch and strengthen the lat muscles
* Work on overhead shoulder mobility

Cues:

* Offset kneeling in front of a cable machine
* Offset your body so the shoulder/arm on the side you are working is in line with the cable
* Knee up on the same side you are working
* Grab the handle attachment
* Starting position, arms outstretched overhead, shoulder rolled forward
* Pull the weight down towards your hip
* Shoulder and arm moving together
* Avoid letting your shoulders shrug towards your ear
* Let the weight back up to the starting position slow and controlled

Where you should feel it:

* Back/side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C5ziuNBRJAp/?igsh=NTc4MTIwNjQ2YQ==>

**21. Seated Bilateral Cable Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Sitting on bench or cable row machine
* Cable centered with your body
* Grab the bar attachment for the machine
* Hands just about shoulder width apart
* Starting position, arms outstretched in front, shoulder rolled forward
* Pull weight bar towards your hip or belly button
* Shoulders and arms moving together
* Avoid letting your shoulders shrug towards your ears
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back/side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C6kB3JQy9c4/?igsh=NTc4MTIwNjQ2YQ==>

**22. Chest Supported DB Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Lay face down on a slightly inclined bench
* Feet comfortably planted on the ground
* Dumbbell’s in each hand
* Starting position, arms with weights hanging straight down towards the floor, shoulders rolled forward
* Pull weights up and back towards your hip
* Shoulders and arms moving together
* Avoid letting your shoulders shrug towards your ears
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back, side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C3G8N0bpejR/?igsh=MzY1NDJmNzMyNQ==>

**23. TRX - Row**

Goal:

* Strengthen the lat muscles
* Engage and strengthen the core muscles

Cues:

* You will need a TRX system, any type of exercise rings, or an exercise band
* Start standing in a comfortable position
* Arms outstretched straight in front of you
* Walk your feet forward so you are at an angle leaning back (the more you lean the harder it will be)
* No need to lean back if you are using an exercise band
* Engage your lats, pull your shoulders slightly down towards your hips (creating space between your shoulders and ears)
* Engage your core and keep your low back flat throughout
* From here, roll your shoulders forward and feel the stretch between your shoulder blades
* Now pull your elbows straight back, slightly towards your hips
* Return to the starting position slow and controlled
* Focus on the squeeze at the top and the stretch at the bottom
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back

Where you should feel it:

- Back, side of rib cage

* Center of the back
* Between the shoulders
* Down to lower back
* Also in the biceps and core

Video/Pictures:

* <https://www.instagram.com/reel/C5kFcGQsHN8/?igsh=NTc4MTIwNjQ2YQ==>

**24. Standing DB Row**

Goal:

* Stretch and strengthen the lat muscles

Cues:

* Stand in an offset foot position
* Foot forward on the same side you are going to row with
* Opposite hand placed on bench/rack/chair/etc.
* Working hand holding the weight
* Starting position, arm with weight hanging straight down towards the floor, shoulder rolled forward
* Pull weight up and back towards your hip
* Shoulder and arm moving together
* Avoid letting your shoulder shrug towards your ear
* Lower the weight back down to the starting position slow and controlled

Where you should feel it:

* Back, side of rib cage
* Center of the back
* Between the shoulders
* Down to lower back
* Also in the bicep

Video/pictures:

* <https://www.instagram.com/reel/C5uXY2wxmOH/?igsh=NTc4MTIwNjQ2YQ==>

**25. TRX - Scapular Retraction**

Goal:

* Stretch and strengthen scapular retractors (muscles between shoulder blades)

Cues:

* You will need a TRX system, any type of exercise rings, or an exercise band
* Start standing in a comfortable position
* Arms outstretched straight in front of you
* Walk your feet forward so you are at an angle leaning back (the more you lean the harder it will be)
* No need to lean back if you are using an exercise band
* Engage your lats, pull your shoulders slightly down towards your hips (creating space between your shoulders and ears)
* Engage your core and keep your low back flat throughout
* From here, roll your shoulders forward and feel the stretch between your shoulder blades
* Now pull your shoulders back like you are trying to touch them together
* Return to the starting position slow and controlled
* Focus on the squeeze at the top and the stretch at the bottom
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back
* Avoid bending your arms at the elbows and using your biceps to lift you up

Where you should feel it:

* Between your shoulder blades
* In your core

Video/pictures:

* <https://www.instagram.com/reel/C5pWj4lrTmX/?igsh=NTc4MTIwNjQ2YQ==>

**26. Prone DB Scapular Retraction** 🎥

Goal:

* Stretch and strengthen scapular retractors (muscles between shoulder blades)

Cues:

* Start face down on a slightly inclined bench
* Arms hanging straight down in front of you towards the floor
* Let your shoulders round all the way forward (feel the stretch between your shoulder blades
* Engage your lats and slightly pull your shoulders down towards your hips (creating space between the top of your shoulders and your ears)
* Keep your shoulders pulled down throughout the movement
* From here, pull your shoulders back like you are trying to pull them together
* Return to the starting position slow and controlled
* Focus on a squeeze at the top and a full stretch at the bottom
* Avoid letting your shoulders shrug towards you ears
* Avoid bending your arms
* Focus the movement on the muscles between your shoulder blades

Where you should feel it:

* Between your shoulder blades

Video/pictures:

**27. DB Shrugs**

Goal:

* Stretch and strengthen the upper trapezius muscle

Cues:

* Standing position
* Weights in each hand
* Start standing upright nice and tall, neutral spine, chin tucked
* Roll the shoulders forward
* Let the shoulders sink down towards the floor as far as you can (feel the stretch on top of the shoulder blades and up towards the neck)
* From here pull your shoulders straight up towards the sky (like you are trying to touch your ears with your shoulders)
* Keep the motion slow and controlled
* Squeeze at the top
* Focus on getting full range of motion up and down
* Keep that chin tucked

Where you should feel it:

* Top of the shoulder blades, up to the neck and base of the back of the head

Video/pictures:

* <https://www.instagram.com/reel/C3BzWPQJBGK/?igsh=MzY1NDJmNzMyNQ==>

**28. Barbell Shrugs**🎥

Goal:

* Stretch and strengthen the upper trapezius muscle

Cues:

* Standing position
* Grab a barbell with both hands, a little wider than shoulder width apart
* Start standing upright nice and tall, neutral spine, chin tucked
* Roll the shoulders forward
* Let the shoulders sink down towards the floor as far as you can (feel the stretch on top of the shoulder blades and up towards the neck)
* From here pull your shoulders straight up towards the sky (like you are trying to touch your ears with your shoulders)
* Keep the motion slow and controlled
* Squeeze at the top
* Focus on getting full range of motion up and down
* Keep that chin tucked

Where you should feel it:

* Top of the shoulder blades, up to the neck and base of the back of the head

Video/pictures:

**29. Seated DB Shoulder Press**

Goal:

* Work on the overhead movement
* Strengthen and stabilizer the shoulder

Cues:

* Start seated on a bench, fully inclined
* Keep your entire mid/low back pressed flat against the bench
* Bring your arms and weights up to the side, elbows bent to 90 degrees
* Rotate your arms slightly towards the front so they are not directly out to your side
* Keep your elbows directly below your hands
* From here, press the weight over head toward the sky
* Lower the weight back down to the starting position slow and controlled
* Avoid letting your shoulders shrug towards your ears throughout
* Avid arching your low back

Where you should feel it:

* Front/side of your shoulders

Video/pictures:

* <https://www.instagram.com/reel/Cx9P7xpJmNe/?igsh=MzY1NDJmNzMyNQ==>

**30. Half Kneeling Landmine Press**

Goal:

* Work on overhead shoulder movement
* Strengthen the shoulder muscles
* Stabilize the shoulder
* Engage the core in shoulder movements

Cues:

* You will need a barbell and a landmine attachment (or a room corner to stick the barbell in)
* Start in a half kneeling position
* Shoulder, hip, and knee on the side you are working directly in line with the barbell
* Knee down on the side you are working
* Bring your arm up to shoulder level in front of you, elbow bent at 90 degrees
* Keep your elbow directly below your hand
* Engage the core, keep your chest down and back flat
* From here, press the weight up to the sky
* Return to the starting position slow and controlled
* Avoid letting your shoulder shrug towards your ear throughout
* Avoid arching your low back
* Avoid letting your elbow flare out to the side

Where you should feel it:

* All areas surrounding the shoulder
* Core muscles

Video/pictures:

* <https://www.instagram.com/reel/CyCfv6kxT4N/?igsh=MzY1NDJmNzMyNQ==>

**31. DB Bench Press**

Goal:

* Strengthen the chest muscles
* Strengthen the front part of deltoid muscles

Cues:

* Start lying on your back on a bench (or the floor)
* Hands with weight just outside your chest
* Engage your lats, shoulders slightly pulled down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* Slight arch in your low back
* Feet firmly planted on the ground
* From here, press the weight straight up
* Return to the bottom position slow and controlled
* Make sure your elbows stay under your wrists and hands
* Make sure your elbows aren’t all the way up to your side at 90 degrees, bring then down a bit to about 45 degrees or so (will take pressure off the shoulder joint)

Where you should feel it:

* Across the chest
* Front part of the shoulders

Video/pictures:

* <https://www.instagram.com/reel/CyzceYQRRsm/?igsh=MzY1NDJmNzMyNQ==>

**32. Barbell Bench Press**

Goal:

* Strengthen the chest muscles
* Strengthen the front part of deltoid muscles

Cues:

* Start lying on your back on a bench (or the floor)
* Hands grabbing the barbell in a comfortable position, just outside your chest width
* Engage your lats, shoulders slightly pulled down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* Slight arch in your low back
* Feet firmly planted on the ground
* From here, press the weight straight up
* Return to the bottom position slow and controlled
* Make sure your elbows stay under your wrists and hands
* Make sure your elbows aren’t all the way up to your side at 90 degrees, bring then down a bit to about 45 degrees or so (will take pressure off the shoulder joint)

Where you should feel it:

* Across the chest
* Front part of the shoulders

Video/pictures:

* <https://www.instagram.com/reel/DFePnZ1v19p/?igsh=NTc4MTIwNjQ2YQ==>

**33. DB Chest Fly’s** 🎥

Goal:

* Strengthen the chest muscles
* Strengthen the front part of deltoid muscles

Cues:

* Start lying flat on your back
* Arms straight out on front of your chest, hands pointed to the sky
* Lats engaged, shoulders slightly pulled down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* From here bring your arms down and out to your sides
* Slightly bend your elbows as you go down (keeps the tension on your chest)
* From here, push the weight back up and together
* Focus on bringing your elbows together as you go up (they won’t touch, but act like you’re trying to make them touch)
* Avoid letting your shoulders shrug towards your ears

Where you should feel it:

* Across the chest
* Front part of your shoulders

Video/pictures:

**34. Standing/Seated Lateral Raises**🎥

Goal:

* Strengthen the deltoid muscles
* Stabilize the shoulder through abduction (arm to the side)

Cues:

* Start in a standing or seated position
* Arms straight down by your sides holding weights
* Lats engaged, shoulders slightly pulled down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* From here, raise your arms out to the side and slightly in front of you
* Keep your elbows softly bent
* Make sure your elbows stay above your wrists and hands
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back

Where you should feel it:

- Front and side of your shoulders

Video/pictures:

**35. Chest Supported Lateral Raises** 🎥

Goal:

* Strengthen the deltoid muscles
* Stabilize the shoulder through abduction (arm to the side)

Cues:

* Start in a standing position
* Facing a bench all the way inclined
* Grab some weights in each hand
* Place your chest/belly against the bench
* Arms straight down by your sides holding weights
* Lats engaged, shoulders slightly pulled down towards your hips (create space between your ears and shoulders)
* Keep this space throughout the movement
* Let your arms/hands/weights roll slightly in front of you
* From here, raise your arms out to the side and slightly in front of you
* Keep your elbows softly bent
* Make sure your elbows stay above your wrists and hands
* Pinky’s out to the side at the top
* Only go up and out around 90 degrees
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back

Where you should feel it:

- Front and side of your shoulders

Video/pictures:

**36. TRX - Chest Press**

Goal:

* Strengthen the neck through pressing movements
* Strengthen the chest and shoulder pressing muscles
* Engage the core muscles through movement

Cues:

* You will need a TRX system, any type of exercise rings, or an exercise band
* Start standing in a comfortable position
* Arms out to the side, hands to the side of your chest
* Walk your feet back so you are at an angle leaning forward (the more you lean the harder it will be)
* No need to lean forward if you are using an exercise band
* Engage your lats, pull your shoulders slightly down towards your hips (creating space between your shoulders and ears)
* Engage your core and keep your low back flat throughout
* From here, press your hands forward in front of you
* Bring your hands and elbows together as you press forward
* Return to the starting position slow and controlled
* Focus on the squeeze at the top and the stretch at the bottom
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back

Where you should feel it:

* Chest
* Shoulders
* Core

Video/pictures:

* <https://www.instagram.com/reel/C5mp2mbxGdA/?igsh=NTc4MTIwNjQ2YQ==>

**37. Band Scapular Retraction**

Goals:

* Improve scapular retraction
* Strengthen scapular retractor muscles
* Strengthen/stabilize muscles around the shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand Tall: Stand with feet shoulder-width

apart and knees slightly bent

* Hold the band with both hands, palms facing each other, arms extended in front of you
* Engage Your Core: Tighten your abdominal muscles to stabilize your torso
* Pull Your Arms Out and Down Towards Your

Sides: Keeping your arms straight, pull the band out and down towards your sides to form an "A" shape with your body

* Control the Movement: Slowly return to the starting position, maintaining tension in the band
* Repeat: Perform the movement for the

desired number of repetitions

Avoid:

* Using Excessive Resistance: Start with a

light resistance band to ensure proper form and technique 4A

* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the

exercise slow and controlled to maximize engagement

* Neglecting Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Core

Video:

* <https://www.instagram.com/reel/C75WaxhyLX_/?igsh=NTc4MTIwNjQ2YQ==>

**38. Band A**

Goals:

* Strengthen the lat muscles
* Stabilize the shoulder

Cues:

* Secure a resistance band to a stationary

object at chest height

* Stand Tall: Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Engage Your Core: Tighten your abdominal muscles to stabilize your torso
* Pull Your Arms Out and Down Towards Your sides
* Keeping your arms straight, pull the band out and down towards your sides to form an "A" shape with your body
* Control the Movement: Slowly return to the starting position, maintaining tension in the band
* Repeat: Perform the movement for the desired number of repetitions

Mistakes to Avoid:

* Using Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the exercise slow and controlled to maximize engagement
* Neglecting Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Down your back/sides
* Core

Video:

* <https://www.instagram.com/reel/C75WaxhyLX_/?igsh=NTc4MTIwNjQ2YQ==>

**39. Band T**

Goals:

* Strengthen the muscles between your shoulder blades
* Strengthen/stabilize shoulder

Cues:

* Secure a resistance band to a stationary

object at chest height

* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Keeping your arms straight, bring your arms straight out to the sides until they form a "t” shape with your body
* Focus on squeezing your shoulder blades together at the end of the movement
* Slowly return to the starting position, maintaining tension in the band
* Perform the movement for a desired number of repetitions

Mistakes to Avoid:

* Using Excessive Resistance: Start with a

light resistance band to ensure proper form and technique 4A

* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the

exercise slowly and with control to maximize muscle engagement

* Neglecting Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Core

Video:

* <https://www.instagram.com/reel/C8IzQHbSW4U/?igsh=NTc4MTIwNjQ2YQ==>

**40. Band Y**

Goals:

* Strengthen the muscles between the shoulder blades
* Strengthen/stabilize the shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each the floor, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso.
* Keeping your arms straight, pull the band up and out to form a "y" shape with your body
* Slowly return to the starting position, maintaining tension in the band  
  Perform the movement for the desired number of repetitions

Mistakes to Avoid:

* Using Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging Your Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding Through Reps: Perform the exercise slowly and with control to maximize muscle engagement
* Neglecting Breathing: Remember to breathe steadily throughout the movement, exhaling as you pull the band up and out

Where you should feel it:

* Between your shoulder blades
* Core

Video:

* <https://www.instagram.com/reel/C8YQj_9SFxJ/?igsh=NTc4MTIwNjQ2YQ==>

**41. Band W**

Goals:

* Strengthen the muscles between your shoulder blades
* Strengthen shoulder external rotators
* Strengthen/stabilize shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing the floor, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso, keeping your ribs stacked over your pelvic
* Pull the band up, back, and out to form a "W" shape with your shoulders, arms, and head.
* As you pull your arms back, bend the elbows to 90 degrees, and externally rotate your shoulders
* Slowly return to the starting position, maintaining tension in the band
* Perform the movement for the desired number of repetitions

Mistakes to Avoid:

﻿﻿- Too much resistance: Start with light resistance to ensure proper form and technique 4A

* ﻿﻿Shrugging: keep your shoulders relaxed and away from your ears throughout the movement
* Speeding: Perform the exercise slowly and with control to maximize muscle engagement
* ﻿﻿Holding breath: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Behind your shoulder
* Core

Video:

* <https://www.instagram.com/reel/C8qRfl1JFiM/?igsh=NTc4MTIwNjQ2YQ==>

**42. Band W w/ Overhead Press**

Goal:

* Strengthen muscles between shoulder blades
* Strengthen shoulder external rotators
* Strengthen/stabilize shoulder
* Stabilize shoulder through overhead movement

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Keeping your arms bent, pull the band up and out to form a "W" shape with your body.
* ﻿﻿Straighten your arms overhead forming an "Y" shape with your body
* Slowly return to the "W" position and then the starting position, maintaining tension in the band
* Repeat for reps

Mistakes to Avoid:

* Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding: Perform the exercise slowly and with control to maximize muscle engagement
* Holding Breath: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Behind your shoulders
* Core

Video:

* <https://www.instagram.com/reel/C85soU7pPR6/?igsh=NTc4MTIwNjQ2YQ==>

**43. Band Angels**

Goal:

* Strengthen the muscles between the shoulder blades
* Strengthen shoulder external rotators
* Strengthen/stabilize shoulder
* Stabilize shoulder through movement

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Keeping your arms straight, pull the band out and down towards your hips to form an "A" with your body.
* In an arcing motion, mimicking the shape of an angel's wings, bring your arms out, around, and overhead
* Slowly bring your arms out and back down to the starting position
* Control your movement, and maintain tension in the band throughout
* Repeat: Perform the movement for the desired number of repetitions

Mistakes to Avoid:

* Excessive Resistance: Start with a light resistance band to ensure proper form and technique
* Shrugging Shoulders: Keep your shoulders relaxed and away from your ears throughout the movement
* Speeding: Perform the exercise slowly and with control to maximize muscle engagement
* Not Breathing: Remember to breathe steadily throughout the movement

Where you should feel it:

* Between your shoulder blades
* Behind your shoulders
* Core

Video:

* <https://www.instagram.com/reel/C8-4efUJm_t/?igsh=NTc4MTIwNjQ2YQ==>

**44. Band Row**

Goals:

* Strengthen the lat muscles
* Stabilize the shoulder

Cues:

* Secure a resistance band to a stationary object at chest height
* Stand with feet shoulder-width apart and knees slightly bent
* Hold the band with both hands, palms facing each other, arms extended in front of you
* Tighten your abdominal muscles to stabilize your torso
* Drive your elbows back, slightly behind you
* Hands pulling at belly button level
* Keep your elbows tight to your sides
* Slowly and controlled return to starting position, letting your shoulders roll forward
* Repeat for reps

Avoid:

* Shrugging your shoulders
* Arching your low back
* Not breathing

Where you should feel it:

* Down your back/sides
* Between your shoulder blades
* Biceps

Video:

* <https://www.instagram.com/reel/C9OcPl-J0p2/?igsh=NTc4MTIwNjQ2YQ==>

**45. Tricep Pull Downs** 🎥

Goal:

* Strengthen the tricep muscles
* Increase shoulder stability
* Improve elbow mobility

Cues:

* For this you will need a cable machine and a rope attachment
* Stand in front of the cable and grab each end of the rope near the bottom
* Pull the rope down so your elbows are by your sides
* Keep your elbows tight to your sides throughout
* Softly bend at the knees and hinge at the waist
* Keep your chest up and shoulders down (space between your shoulders and ears)
* From here, pull the rope down until your arms are straight
* Then return to the starting position slow and controlled
* Repeat
* Keep your elbows tight to your body
* Focus the motion around your elbows
* Your elbows should not move forward, back, up, or down much

Where you should feel it:

* Triceps (back of upper arm)
* Forearms
* Hands

Video/pictures:

**46. Tricep Push Downs** 🎥

Goal:

* Strengthen the tricep muscles
* Increase shoulder stability
* Improve elbow mobility

Cues:

* For this you will need a cable machine and an EZ curl/straight bar attachment
* Stand in front of the cable and grab the bar about shoulder width apart
* Pull the bar down so your elbows are by your sides
* Keep your elbows tight to your sides throughout
* Softly bend at the knees and hinge at the waist
* Bring your chest forward so it is over the bar and your hands
* Keep your chest up and shoulders down (space between your shoulders and ears)
* From here, push the bar down until your arms are straight down below your chest
* Then return to the starting position slow and controlled
* Repeat
* Keep your elbows tight to your body
* Focus the motion around your elbows
* Your elbows should not move forward, back, up, or down much

Where you should feel it:

* Triceps (back of upper arm)
* Forearms
* Hands

Video/pictures:

**47. Triceps Overhead**

Goal:

* Strengthen the tricep muscles
* Increase shoulder stability/mobility
* Improve elbow mobility

Cues:

* For this you will need dumbbells or an EZ curl bar
* You can do this sitting or standing
* Grab the weight with each hand
* Bring the weight up to your chest, then press it straight over head
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* Keep your low back flat
* From here, bend your elbows and let the weight fall behind your head
* Keep this motion slow and controlled
* Then extend your arms back to straight
* Your elbows should remain fixed above your head
* Avoid letting your shoulders shrug towards your ears
* Avoid arching your low back

Where you should feel it:

* Triceps (back of upper arm)
* Forearms
* Hands

Video/pictures:

* <https://www.instagram.com/reel/DH903Szyxoa/?igsh=NTc4MTIwNjQ2YQ==>

**48. Skull Crushers**🎥

Goal:

* Strengthen the tricep muscles
* Increase shoulder stability
* Improve elbow mobility

Cues:

* For this your will need dumbbells or an EZ curl bar
* Start lying flat on your back
* Knees bent, feet flat on the floor/bench
* Grab the weight with both hands
* Bring the weight up to your chest, then press it straight up to the sky
* Arms straight out front in front of your chest
* Engage your lats, slightly pull your shoulders down towards your hips (creating space between your ears and shoulders)
* From here, bend at the elbows, let the weight drop just above your head
* Keep this motion slow and controlled
* Then extend at the elbows until your arms are back straight
* Repeat
* Your elbows should remain fixed in front of you
* Avoid letting your shoulders shrug up towards your ears
* Avoid arching your low back

Where you should feel it:

* Triceps (back of upper arm)
* Forearms
* Hands

Video/pictures:

**49. Dips** 🎥

Goals:

* Strengthen Tricep muscles
* Increase shoulder stability/mobility
* Stabilize elbow
* Strengthen forearms/wrists/hands

Cues:

* For this you will need a dip bar, a barbell on a rack, or a bench
* Place your hands on the bar, barbell, bench
* Nice strong grip
* Start with arms straight
* Brace core
* Keep this throughout
* Now bend at the elbows and lower your body down toward the floor
* Down as far as you can
* Keep the motion around your elbows
* Keep your elbows tucked to your sides
* Press your hands down and push your body back up until your arms are back fully extended
* Repeat for reps

Where you should feel it:

* Triceps
* Shoulders
* Core

Video: