**1. Elbow Extensor Isometric Band Hold**🎥

Goal:

- Stretch and strengthen the wrist extensor muscles

Cues:

* For this you will need an exercise band
* Anchor the band between a rack, or to a door/tree/etc.
* Band should be at elbow height
* Stand in front of the band
* Bend your elbow to 90 degrees on the side you want to work
* Palm facing the sky
* Grab the band
* From here, while grabbing the band, flip your hand over so your palm is facing the ground
* Band should be trying to pull your hand back over
* Now hold for time
* Repeat
* Increase tension on the band to increase resistance

Where you should feel it:

- Lateral (outside) portion of the forearm

Video/pictures:

**2. Elbow Extensor Band Eccentric**

Goal:

- Stretch and strengthen the wrist extensor muscles

Cues:

* For this you will need an exercise band
* Anchor the band between a rack, or to a door/tree/etc.
* Band should be at elbow height
* Stand in front of the band
* Bend your elbow to 90 degrees on the side you want to work
* Palm facing the sky
* Grab the band
* From here, while grabbing the band, flip your hand over so your palm is facing the ground
* Band should be trying to pull your hand back over
* Now slowly and controlled, let the band flip your hand back over
* Repeat
* Increase tension on the band to increase resistance

Where you should feel it:

- Lateral (outside) portion of the forearm

Video/pictures:

* <https://www.instagram.com/reel/CyUa4fXJBYS/?igsh=NTc4MTIwNjQ2YQ==>
* 1st clip

**3. Elbow Extensor Band Concentric/Eccentric**

Goal:

- Stretch and strengthen the wrist extensor muscles

Cues:

* For this you will need an exercise band
* Anchor the band between a rack, or to a door/tree/etc.
* Band should be at elbow height
* Stand in front of the band
* Bend your elbow to 90 degrees on the side you want to work
* Palm facing the sky
* Grab the band
* From here, while grabbing the band, flip your hand over so your palm is facing the ground
* Band should be trying to pull your hand back over
* Now slowly and controlled, let the band flip your hand back over
* Repeat
* Increase tension on the band to increase resistance

Where you should feel it:

- Lateral (outside) portion of the forearm

Video/pictures:

* <https://www.instagram.com/reel/CyUa4fXJBYS/?igsh=NTc4MTIwNjQ2YQ==>
* 2nd clip

**4. Elbow Flexor Isometric Band Hold**🎥

Goal:

- Stretch and strengthen the wrist flexor muscles

Cues:

* For this you will need an exercise band
* Anchor the band between a rack, or to a door/tree/etc.
* Band should be at elbow height
* Stand in front of the band
* Bend your elbow to 90 degrees on the side you want to work
* Palm facing the ground
* Grab the band
* From here, while grabbing the band, flip your hand over so your palm is facing the sky
* Band should be trying to pull your hand back over
* Now hold for time
* Repeat
* Increase tension on the band to increase resistance

Where you should feel it:

- Medial (Inside) portion of the forearm

Video/pictures:

**5. Elbow Flexor Band Eccentric**

Goal:

- Stretch and strengthen the wrist flexor muscles

Cues:

* For this you will need an exercise band
* Anchor the band between a rack, or to a door/tree/etc.
* Band should be at elbow height
* Stand in front of the band
* Bend your elbow to 90 degrees on the side you want to work
* Palm facing the ground
* Grab the band
* From here, while grabbing the band, flip your hand over so your palm is facing the sky
* Band should be trying to pull your hand back over
* Now slowly and controlled, let the band flip your hand back over
* Repeat
* Increase tension on the band to increase resistance

Where you should feel it:

Medial (Inside) portion of the forearm

Video/pictures:

* <https://www.instagram.com/reel/C57VunEr_34/?igsh=NTc4MTIwNjQ2YQ==>
* 1st clip

**6. Elbow Flexor Band Concentric/Eccentric**

Goal:

- Stretch and strengthen the wrist Flexor muscles

Cues:

* For this you will need an exercise band
* Anchor the band between a rack, or to a door/tree/etc.
* Band should be at elbow height
* Stand in front of the band
* Bend your elbow to 90 degrees on the side you want to work
* Palm facing the ground
* Grab the band
* From here, while grabbing the band, flip your hand over so your palm is facing the sky
* Band should be trying to pull your hand back over
* Now slowly and controlled, let the band flip your hand back over
* Repeat
* Increase tension on the band to increase resistance

Where you should feel it:

Medial (Inside) portion of the forearm

Video/pictures:

* <https://www.instagram.com/reel/C57VunEr_34/?igsh=NTc4MTIwNjQ2YQ==>
* 2nd clip

**7. DB Wrist Rotation**

Goal:

* Strengthen the forearm muscles
* Improve forearm/wrist mobility

Cues:

* For this you will need a dumbbell
* Sit or kneel in front of a bench, table, or flat surface of some kind
* Should be about elbow height
* Bend your elbow to about 90 degrees and place your elbow and forearm on the surface
* Grab the bottom of the weight and hold it straight up
* From here, rotate your hand inwards and try to touch the dumbbell to the surface
* Bring the weight back to neutral
* Then rotate your hand outwards and try to touch the weight to the surface
* Bring back to neutral
* Repeat
* Keep the motion slow and controlled
* Keep your elbow , planted on the surface
* Keep your forearm on the surface

Where you should feel it:

* Forearm
* Wrist
* Possibly hand

Video/pictures:

* <https://www.instagram.com/reel/C6Xo1SMrsIR/?igsh=NTc4MTIwNjQ2YQ==>

**8. DB Wrist Extension**

Goal:

* Strengthen the wrist extensor muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need a dumbbell or two
* Perform seated/kneeling in front of a bench, table, etc.
* Hold the dumbbells in your hands
* Forearms placed on the bench, table etc.
* Wrists/hands overhanging the edge
* Palms facing down
* Extend your wrists and bring the weights up (like you are trying to bring the back of your hands to the top of your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Back side of the forearm
* Wrist/hand

Video/pictures:

* <https://www.instagram.com/reel/C6m9l3Ly3Tn/?igsh=NTc4MTIwNjQ2YQ==>

**9. DB Wrist Flexion**

Goal:

* Strengthen the wrist extensor muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need a dumbbell or two
* Perform seated/kneeling in front of a bench, table, etc.
* Hold the dumbbells in your hands
* Forearms placed on the bench, table etc.
* Wrists/hands overhanging the edge
* Palms facing up
* Flex your wrists and bring the weights up (like you are trying to bring the palm of your hands to your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Inner side of elbow
* Front side of forearm
* Wrist
* Hand

Video/pictures:

* <https://www.instagram.com/reel/C6zzRFvAomI/?igsh=NTc4MTIwNjQ2YQ==>

**10. DB Ulnar/Radial Deviation** 🎥

Goal:

* Strengthen the wrist/forearm muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need a dumbbell or two
* Perform seated/kneeling in front of a bench, table, etc.
* Hold the dumbbells in your hands
* Forearms placed on the bench, table etc.
* Wrists/hands overhanging the edge
* Palms facing each other, thumbs up to the sky
* Flex your wrist and bring the weights up (like you are trying to bring your thumbs to the top of your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Inner side of elbow
* Front side of forearm
* Wrist
* Hand

Video/pictures:

**11. EZ Curl Wrist Extension** 🎥

Goal:

* Strengthen the wrist extensor muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need an Ez curl/straight bar
* Perform seated/kneeling in front of a bench, table, etc.
* Hold the bar in your hands
* Forearms placed on the bench, table etc.
* Wrists/hands overhanging the edge
* Palms facing down
* Extend your wrists and bring the weight up (like you are trying to bring the back of your hands to the top of your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Back side of the forearm
* Wrist/hand

Video/pictures:

**12. EZ Curl Wrist Flexion** 🎥

Goal:

* Strengthen the wrist extensor muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need an EZ curl/straight bar
* Perform seated/kneeling in front of a bench, table, etc.
* Hold the bar in your hands
* Forearms placed on the bench, table etc.
* Wrists/hands overhanging the edge
* Palms facing up
* Flex your wrists and bring the weight up (like you are trying to bring the palm of your hands to your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Inner side of elbow
* Front side of forearm
* Wrist
* Hand

Video/pictures:

**13. Cable Wrist Extension** 🎥

Goal:

* Strengthen the wrist extensor muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need a low cable machine and an EZ curl/straight bar attachment
* Perform standing in front of the cable machine
* Hold the bar in your hands
* Standing upright
* Shoulders pulled down and back, strong and stable
* Arms hanging down and forward following the line of the cable
* Palms facing down
* Extend your wrists and bring the weight up (like you are trying to bring the back of your hands to the top of your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Back side of the forearm
* Wrist/hand

Video/pictures:

**14. Cable Wrist Flexion**🎥

Goal:

* Strengthen the wrist extensor muscles
* Improve wrist mobility
* Improve wrist stability

Cues:

* For this you will need a low cable machine and an EZ curl/straight bar attachment
* Perform standing in front of the cable machine
* Hold the bar in your hands
* Standing upright
* Shoulders pulled down and back, strong and stable
* Arms hanging down and forward following the line of the cable
* Palms facing up
* Flex your wrists and bring the weights up (like you are trying to bring the palm of your hands to your Forearm)
* Slowly and controlled lower the weight back down as far as you can
* Feel the stretch on the top side of your forearms
* Repeat

Where you should feel it:

* Inner side of elbow
* Front side of forearm
* Wrist
* Hand

Video/pictures:

**15. Tricep Pull Downs** 🎥

Goal:

* Strengthen the tricep muscles
* 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:

**16. Tricep Push Downs** 🎥

Goal:

* Strengthen the tricep muscles
* 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:

**17. Triceps Overhead**

Goal:

* Strengthen the tricep muscles
* 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==>

**18. Skull Crushers**🎥

Goal:

* Strengthen the tricep muscles
* 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:

**19. Dips** 🎥

Goals:

* Strengthen Tricep muscles
* 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:

**20. DB Curls**🎥

Goal:

* Strengthen the bicep muscles
* Strengthen the forearm muscles
* Improve elbow mobility

Cues:

* Can do these seated or standing
* Arms straight down by your sides holding the weights
* Palms facing forward
* Keep your elbows tight to your sides throughout
* From here bend your arms and the elbows and bring the weight up to your shoulders
* As you get to the top rotate your wrists and hands outwards
* Hands should be just outside your shoulders at the top (like you are trying to touch your pinky’s to your shoulders)
* Then lower the weight back down slow and controlled
* Avoid letting your shoulders shrug up towards your ears
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Biceps
* Forearms
* Hands

Video/pictures:

**21. DB Hammer Curls**

Goal:

* Strengthen the bicep muscles
* Strengthen the forearm muscles
* Improve elbow mobility

Cues:

* Can do these seated or standing
* Arms straight down by your sides holding the weights
* Palms facing in, thumbs forward
* Keep your elbows tight to your sides throughout
* From here bend your arms and the elbows and bring the weight up to your shoulders
* Try to touch your thumbs to your shoulders
* Hands should be in line your shoulders at the top
* Then lower the weight back down slow and controlled
* Avoid letting your shoulders shrug up towards your ears
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Biceps
* Forearms
* Hands

Video/pictures:

* <https://www.instagram.com/reel/DGzIL2QpLjc/?igsh=NTc4MTIwNjQ2YQ==>

**22. DB Reverse Curls** 🎥

Goal:

* Strengthen the bicep muscles
* Strengthen the forearm muscles
* Improve elbow mobility

Cues:

* Can do these seated or standing
* Arms straight down by your sides holding the weights
* Palms facing back
* Keep your elbows tight to your sides throughout
* From here bend your arms and the elbows and bring the weight up to your shoulders
* Try to touch the back of your hands to your shoulders
* Hands should be just outside your shoulders at the top (like you are trying to touch your thumbs to your shoulders)
* Then lower the weight back down slow and controlled
* Avoid letting your shoulders shrug up towards your ears
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Biceps
* Forearms
* Hands

Video/pictures:

**23. DB Zottman Curls**🎥

Goal:

* Strengthen the bicep muscles
* Strengthen the forearm muscles
* Improve elbow mobility
* Improve wrist mobility

Cues:

* Can do these seated or standing
* Arms straight down by your sides holding the weights
* Palms facing forward
* Keep your elbows tight to your sides throughout
* From here bend your arms and the elbows and bring the weight up to your shoulders
* As you get to the top rotate your wrists and hands outwards
* Hands should be just outside your shoulders at the top (like you are trying to touch your pinky’s to your shoulders)
* At the top, rotate your hands/forearms inward, so your palms are facing the floor
* Then lower the weight back down slow and controlled, palms facing back at the bottom
* From here bend your arms and the elbows and bring the weight up to your shoulders
* Try to touch the back of your hands to your shoulders
* Hands should be just outside your shoulders at the top (like you are trying to touch your thumbs to your shoulders)
* At the top, rotate your hands/forearms outwards, so your palms are facing the sky
* Then lower the weight back down slow and controlled, palms facing forward at the bottom
* Repeat and alternate each rep
* Avoid letting your shoulders shrug up towards your ears
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Biceps
* Forearms
* Hands

Video/pictures:

**24. EZ Bar/Barbell Curls**

Goal:

* Strengthen the bicep muscles
* Strengthen the forearm muscles
* Improve elbow mobility

Cues:

* For this you will need an EZ curl bar or barbell
* This is done standing
* Palms facing forward
* Grab the weight with both hands, just outside of shoulder width
* Elbows tight to your sides throughout
* From here bend your arms and the elbows and bring the weight up to your shoulders
* As you get to the top rotate your wrists and hands outwards
* Hands should be just outside your shoulders at the top (like you are trying to touch your pinky’s to your shoulders)
* Then lower the weight back down slow and controlled
* Avoid letting your shoulders shrug up towards your ears
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Biceps
* Forearms
* Hands

Video/pictures:

* <https://www.instagram.com/reel/DF9MDZLzOu3/?igsh=NTc4MTIwNjQ2YQ==>

**25. EZ Bar/Barbell Reverse Curls**🎥

Goal:

* Strengthen the bicep muscles
* Strengthen the forearm muscles
* Improve elbow mobility

Cues:

* For this you will need an EZ curl bar or barbell
* This is done standing
* Palms facing back
* Grab the weight with both hands, just outside of shoulder width
* Elbows tight to your sides throughout
* From here bend your arms and the elbows and bring the weight up to your shoulders
* Hands should be just outside your shoulders at the top (like you are trying to touch your thumbs to your shoulders)
* Then lower the weight back down slow and controlled
* Avoid letting your shoulders shrug up towards your ears
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Biceps
* Forearms
* Hands

Video/pictures:

**26. Thumb to Finger Tips**

Goal:

* Improve hand strength and mobility

Cues:

* Start with a fully open and spread hand
* Palm face up
* From here touch the tip of your thumb to the tip of your first finger
* Then back to fully open and spread hand
* Repeat to the tips of each finger
* Keep the motion slow and controlled

Where you should feel it:

- Hand muscles

Video/pictures:

* <https://www.instagram.com/reel/C7VTQdJSmLu/?igsh=NTc4MTIwNjQ2YQ==>

**27. Rubber Band Finger Extension**🎥

Goal:

- Improve hand strength and mobility

Cues:

* For this you will need a rubber band or hair tie
* With your fingers and thumb straight, bring them all together
* Place the rubber band or hair tie around the end your thumb and fingers
* Then extend your thumb and fingers as far as you can
* Slight pause in the extended position
* Return to the starting position slow and controlled
* Repeat

Where you should feel it:

* Hand muscles
* Forearms

Video/pictures:

**28. Plate Hold Grip Strength**

Goal:

* Improve hand strength
* Improve forearm strength

Cues:

* Can be done seated or standing
* Will need weight plates
* Arms straight down by your sides
* With your thumb and fingers, take a pinch grip on the plates
* Focus on the squeeze with your fingers and thumb
* Keep your thumb and fingers straight
* Hold for time

Where you should feel it:

* Hand muscles
* Forearms muscles

Video/pictures:

* <https://www.instagram.com/reel/C7fme9CyZER/?igsh=NTc4MTIwNjQ2YQ==>

DB Hold Grip Strength 🎥

**29. Dead Hang**

Goal:

- Improve grip strength

Cues:

* Will need a pull up bar of some sort for this one
* Grab the bar with both hands, just outside of shoulder width
* Let your body hang straight down
* As you hang focus on keeping a strong grip
* Let your low back and shoulders stretch further as you hang
* Hold for max time
* Repeat

Where you should feel it:

* Hands
* Forearms
* Shoulders
* Back

Video/pictures:

* <https://www.instagram.com/reel/DFO3amEJS3k/?igsh=NTc4MTIwNjQ2YQ==>

**30. Single Arm Dead Hang**

Goal:

- Improve grip strength

Cues:

* Will need a pull up bar of some sort for this one
* Grab the bar with one hand, just outside of shoulder width
* Let your body hang straight down
* As you hang focus on keeping a strong grip
* Let your low back and shoulders stretch further as you hang
* Hold for max time
* Repeat

Where you should feel it:

* Hands
* Forearms
* Shoulders
* Back

Video/pictures:

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

**31. Farmer Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weight to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Now walk normally for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video:

* <https://www.instagram.com/reel/C6h74ULrvZ4/?igsh=NTc4MTIwNjQ2YQ==>

**32. Suitcase Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need a dumbbell, kettlebell, or any kind of weight to hold in one hand
* Start standing, arms straight down to your side, holding a weight in one hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Now walk normally for distance or time
* Switch hands and repeat
* You will feel this most on the side opposite of the side you are holding the weight on
* Make sure you are walking with a normal base (don’t let your feet move in line)

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video:

* <https://www.instagram.com/reel/C6483IogxLe/?igsh=NTc4MTIwNjQ2YQ==>

**33. 90/90 Carry DB/KB / Rack Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need dumbbells, kettlebells, or any kind of weight to hold in each hand
* Start standing, arms straight down to your side, holding weights in each hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring the weights up and hold in front of your chest/collar bones
* Elbows tucked below wrists/hands
* Now walk for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbows flare out to the side

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands Video:
* <https://www.instagram.com/reel/C7DQo6HvAlS/?igsh=NTc4MTIwNjQ2YQ==>

**34. 90/90 Unilateral Carry Db/KB / Rack Carry**

Goal:

* Stabilize and strengthen the core
* Stabilize and strengthen shoulders and upper back

Cues:

* You will need a dumbbell, kettlebell, or any kind of weight to hold in one hand
* Start standing, arms straight down to your side, holding weight in one hand
* Stand nice and tall
* Chest up and big
* Lats engaged (shoulders slightly pulled down and back)
* Core engaged all the way around (abs and sides tight)
* Keep this position throughout
* Next, bring the weight up and hold in front of your chest/collar bone
* Other arm stays straight down by your side
* Elbow tucked below wrist/hand
* Now walk for distance or time
* Make sure you are walking with a normal base (don’t let your feet move in line)
* Avoid letting your elbow flare out to the side

Where you should feel it:

* Core
* Shoulders
* Upper back
* Hips/legs
* Forearms
* Hands

Video:

* <https://www.instagram.com/reel/C7kwHQkPSOD/?igsh=NTc4MTIwNjQ2YQ==>

**35. Half Kneeling DB/KB 90/90 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
* Forearms
* Hands

Video:

* <https://www.instagram.com/reel/C3T9mXqL72s/?igsh=NTc4MTIwNjQ2YQ==>

**36. Half Kneeling Unilateral Shoulder 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
* Forearms
* Hands

Video:

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

**37. 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
* Forearms
* Hands

Video/pictures:

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

**38. 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
* Forearms
* Hands

Video/pictures:

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

**39. 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
* Forearms
* Hands

Video/pictures:

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

**40. 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==>

**41. 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
* Forearms
* Hands

Video/pictures:

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

**42. 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
* Forearms
* Hands

Video/pictures:

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

**43. 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
* Forearms
* Hands

Video/pictures:

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

**44. 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
* Forearms
* Hands

Video/pictures:

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

**45. 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
* Forearms
* Hands

Video/Pictures:

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

**46. 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
* Forearms
* Hands

Video/pictures:

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