

Shoulder Saver Workouts

Exercises (A-K)

Alternating Lateral Lunges



- Stand straight, feet shoulder width apart
- Step out with one leg into a side lunge position
- Keep one leg straight, feet flat on the ground and the other leg bent
- Place hands down in front of body between the legs
- Bend over at upper body keeping spine neutral
- Push off strongly, pivot lead foot 180 degrees and rotate body lunging in the other direction
- Continue to alternate directions with the lateral lunge

Ankle Circles



- Stand straight, hands by sides, feet underneath shoulders
- Lift one foot off the ground keeping leg straight
- Slowly rotate one ankle in circles for desired reps
- Switch to the other ankle

Ankle Mobility Up And Down



- Stand straight, hands by sides, feet underneath shoulders
- Lift one foot off the ground keeping leg straight
- Slowly move one ankle up and down in for desired reps
- Switch to the other ankle

Arm Pull Overhead



- Stand straight, hands by sides, feet underneath shoulders
- Reach one arm over head
- Grab that wrist of this arm with the opposite hand
- Actively stretch arm overhead
- Hold for 2 seconds, relax and repeat
- Perform for desired reps and switch to other arm

Backhand Volley Bands



- Attach resistance bands with harness to post
- Attach handle for ease of use
- Stand straight while facing sideways holding handle with dominant hand
- Turn the body to the side to be in a high backhand volley position
- Create tension in the band and begin moving band imitating a high backhand volley
- Return to original position and repeat for desired reps
- Switch to other side

Ballet Curtsies



- Stand straight with feet slightly wider than shoulder width apart
- Cross one leg behind the other and squat down, dropping back knee
- Feel stretch in outside hip of front leg
- Return to starting position
- Repeat by crossing other leg behind

Bird dogs



- Begin on all fours, spine and neck neutral, brace the core
- Reach back slowly with one leg keeping it straight
- At the same time, reach out the opposite arm, keeping it straight
- Avoid rotating the hips as much as possible
- Return to starting position and repeat for desired reps
- Switch to other side

Blackburns



- Lay flat on mat, facing down arm straight overhead, legs straight
- Move arms down by side and rotate palms so that they are palm up above glutes
- Lift arms and hands above glutes
- Move arms back to original position while rotating palms
- Repeat for desired reps

Bowler Squats



- Stand straight with feet close together, lift right foot off ground
- Reach forward with right hand across body attempting to touch the ground
- Feel right leg slightly bent extending back for balance
- Keep front knee slightly bent while bending over
- Return to starting position
- Repeat for desired reps and switch to other leg

Chest Opener Active Stretch



- Stand next to door opening or corner of wall
- Reach up with one arm and grab opening
- Keep arm relatively straight and turn away from the opening
- Feel in active stretch in the chest area
- Hold the stretch for 2 seconds and relax back to original position
- Repeat for desired reps and switch to the other side

Chin Tucks Standing



- Stand straight, feet shoulder width apart, looking forward
- Tuck chin down toward chest
- Return to original position and repeat for desired reps

Clams



- Lay on side with legs together, knees bent at 90 degree angle
- Lift top knee up in controlled manner
- Feel the top hip activate and engage
- Return to original position and repeat for desired reps
- Switch to the other side

Crab Walk Table Top Fingers Back



- Begin on all fours, hands and feet firmly placed on ground
- Fingers face away the feet
- Lift glutes slightly off the ground walk with hand and feet on the ground
- Shuffle in both directions
- After a few seconds, pause the movement and lift the glutes higher into a tabletop position
- Squeeze the glutes for 1-2 seconds
- Relax back down so glutes are just off the ground and resume walking

Crab Walk Table Top Fingers Forward



- Begin on all fours, hands and feet firmly placed on ground
- Fingers face toward the feet
- Lift glutes slightly off the ground walk with hand and feet on the ground
- Shuffle in both directions
- After a few seconds, pause the movement and lift the glutes higher into a tabletop position
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- Relax back down so glutes are just off the ground and resume walking

Cradle Walks



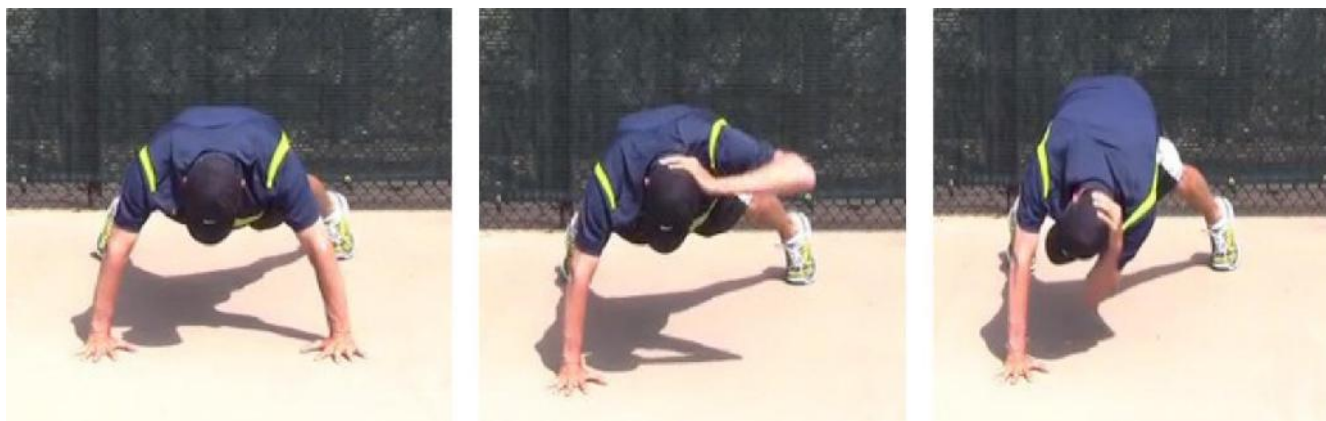
- Stand straight with feet shoulder width apart
- Grab ankle and foot with both hands, pulling bent leg upward toward chest
- Come up on toe of standing leg if possible (advanced version)
- Feel stretch in glute and upper hamstring
- Release leg back down return to starting position
- Step forward with and repeat with other leg

Egyptians



- Stand straight, hands by sides, feet underneath shoulders
- Lifted arms straight out to side keeping them straight as depicted, looking left
- Look right while alternating arm position
- Repeat

Extension Rotation 3 Point



- Begin in plank position with feet and hand spread wide
- Bring one hand behind head with arm bent
- Rotate torso and elbow down toward the opposite hand on ground
- Rotate back up towards original position
- Repeat for desired reps
- Switch to the other side

Extension Rotation All 4s



- Begin on all fours, spine and neck neutral, brace the core
- Bring one hand behind head with arm bent
- Rotate torso and elbow down toward the opposite hand on ground
- Rotate back up towards the sky opening the chest
- Repeat for desired reps
- Switch to the other side

Face Pulls Bands



- Attach resistance bands with harness to post
- Stand straight while facing toward a post in a neutral stance
- Grab the band with hands spread about 6-12 inches apart
- Create tension in the band and pull it up and back towards the forehead
- Feel a squeeze behind the shoulder blade
- Let the band move back into the original position

Floor Press



- Lay flat on back, feet flat on ground, dumbbells in both hands
- Knees bent with both feet flat on ground
- Press one dumbbell up with one hand for the desired number of reps
- Press the other dumbbell up for the desired number of reps

Foam Roller Thoracic



- Place foam roller on ground and lay down so that it rests on the mid back (thoracic spine)
- Place hand on chest, bend knees, and keep feet firmly on the ground
- Lift glutes off the ground and roll up and back massaging the spine
- Focus on the shoulder blade to mid-back area

Foam Roller Thoracic Openers



- Place foam roller on ground and lay down so that it rests on the mid back (thoracic spine)
- Place hand behind head, bend knees, and keep feet firmly on the ground
- Arch over foam roller feeling chest open
- Move to a new area and repeat
- Avoid using low back to arch

Glute Bridge



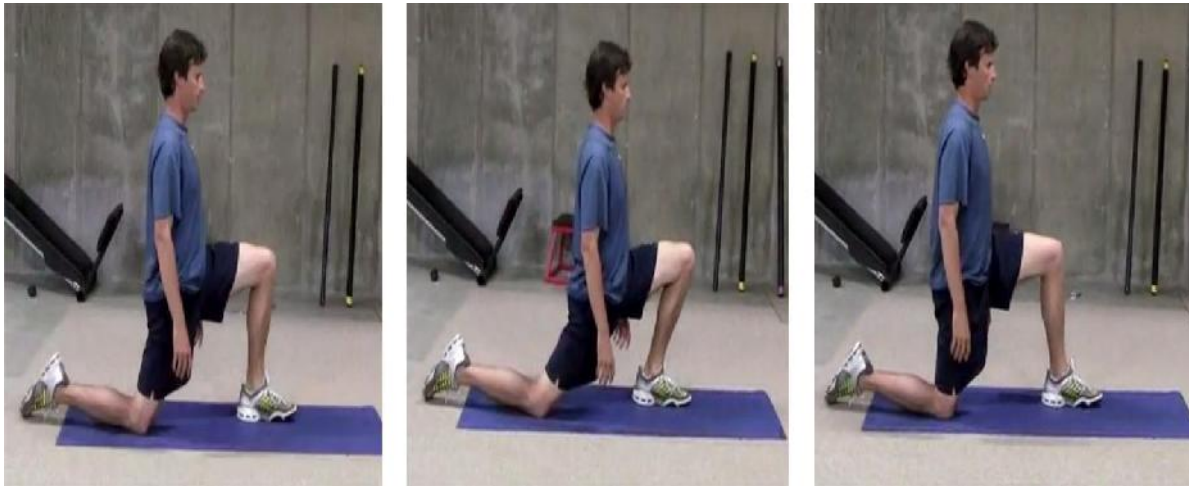
- Lay flat on back with both feet flat on ground, arms out at an angle with palms up
- Push hips up until they form straight line from knees to shoulders
- Feel glutes working
- Slowly return to starting position
- Repeat for desired reps

Hand Switches 1 Hand Off



- Place a slightly elevated platform (few inches off the ground) in front of you
- Get into a plank position resting both hands on the platform
- Move one hand to side and place on the ground
- Bring same hand back to platform
- Move other hand to side and place on ground
- Bring that hand back to platform
- Repeat for desired reps

Hip Opener Active Stretch



- Kneel down with one knee in contact with ground
- Place other floor firmly on ground with leg at 90 degree angle
- Squeeze glute on kneeling leg
- Keep upper body upright and spine neutral throughout
- Lean forward and hold the stretch for 2 seconds
- This movement doesn't have to be long to feel a stretch
- Move back to original position and repeat for desired reps
- Switch to other side

Hip Opener Quad



- This is an advanced exercise
- Kneel down with one knee in contact with ground
- Place other foot firmly on ground with leg at 90 degree angle
- Keep other knee in contact with ground
- Reach back and grab back foot with hand and pull toward glute
- Use a band to grab foot if it's not possible with hand
- While holding back foot leg, lean forward to feel active stretch in quad and hip flexor
- Hold the stretch for 2 seconds
- This movement doesn't have to be long to feel a stretch
- Move back to original position and repeat for desired reps
- Switch to other side

Hip Opener Rotation



- Kneel down with one knee in contact with ground
- Place other foot firmly on ground with leg at 90 degree angle
- Squeeze glute on kneeling leg
- Keep upper body upright and spine neutral throughout
- Lean forward while rotating torso in one direction
- Hold the stretch for 2 seconds
- This movement doesn't have to be long to feel a stretch
- Rotate torso in other direction feeling the stretch
- Move back to original position and repeat for desired reps
- Switch to other side

Inch Worms



- Begin in a plank position
- Start to walk feet up towards the hands into a V position
- Get feet as close to hands as possible in the V Position
- Walk hands back down away from feet until the plank position is reached
- Repeat for desired reps

=> [Get These Resistance Bands For Your Tennis Training](#)

