Shoulder External Rotation with Anchored Resistance
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin in a standing upright position with your elbow bent at 90 degrees and a towel roll tucked under your arm, holding a resistance band. The anchor point should be on the side furthest away from your bent arm.

Movement
- Slowly rotate your arm out to the side.

Tip
- Make sure to keep your hips and shoulders facing forward and maintain a gentle chin tuck throughout the exercise.

Shoulder W - External Rotation with Resistance
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin in a standing upright position with your elbows bent 90 degrees, holding both ends of a resistance band and your fists facing inward. There should be slight tension in the band.

Movement
- Slowly rotate your arms outward and slightly upward so at the top of the motion the band is at the level of your chest.

Tip
- Make sure to avoid overarching your low back and maintain a gentle chin tuck throughout the exercise.

Supine Chest Stretch with Elbows Bent
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin lying on your back with your hands clasped behind your head and elbows together.

Movement
- Bring your elbows apart toward the ground.

Tip
- Make sure to squeeze your shoulder blades together as you lower your elbows.

Sleepner Stretch
Reps: 10  Sets: 3  Hold (sec): 5  Weekly: 5x  Daily: 3x

Setup
- Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

Movement
- With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

Tip
- Make sure not to let your body roll forward or backward during the exercise.