Standing Single Arm Shoulder External Rotation in Abduction with Anchored Resistance

**Setup**
- Begin in a standing upright position with one arm out to the side and your elbows bent 90 degrees with your palm facing the floor.

**Movement**
- Slowly rotate your arm upward until your palm is facing forward and hold.

**Tip**
- Make sure not to let your elbow drop as you rotate your arms and maintain a gentle chin tuck throughout the exercise.

Scaption with Dumbbells

**Setup**
- Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells.

**Movement**
- Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

**Tip**
- Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

Sleeper Stretch

**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.

Standing Pec Minor Stretch

**Setup**
- Begin in a standing upright position with your hands clasped behind your neck.

**Movement**
- Pull your elbows apart and backward until you feel a stretch in your upper chest and hold.

**Tip**
- Make sure to keep your back straight during the exercise.
Standing Ball Toss at Wall

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

**Step 1**

Setup

Begin in a standing upright position facing a wall, with a ball in one hand. Hold your arm out to the side with your elbow bent to a 90 degree angle and slightly forward.

Movement

Throw the ball at the wall repeatedly.

Tip

- Make sure to keep your shoulders stable and your elbow in the same position as you throw the ball.

Scapular Protraction with Table Lean

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

**Step 1**

Setup

Begin leaning against a table with your arms straight and hands shoulder width apart.

Movement

- Gently arch the middle of your upper back, thinking of pulling your shoulder blades apart. Return to the starting position and repeat.

Tip

- Make sure to maintain a gentle chin tuck and keep the rest of your back straight during the exercise.