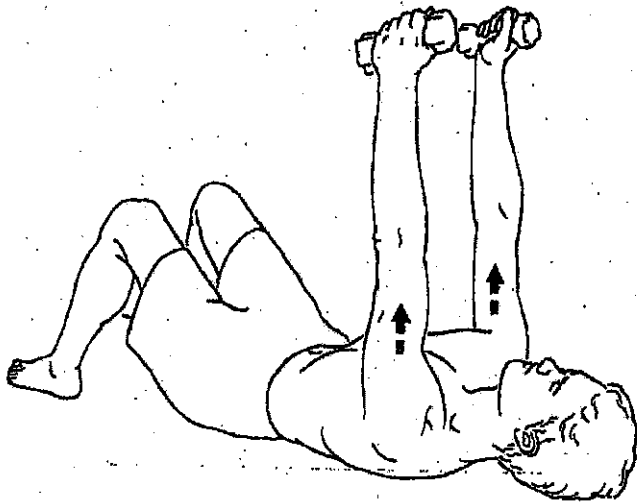


Weighted Shoulder Exercises

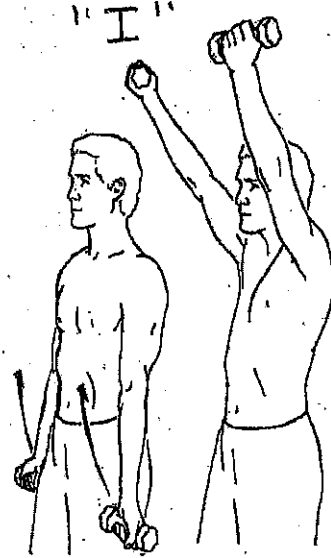
Start with 1-3 lb weights

Shoulder Strengthening

3x10

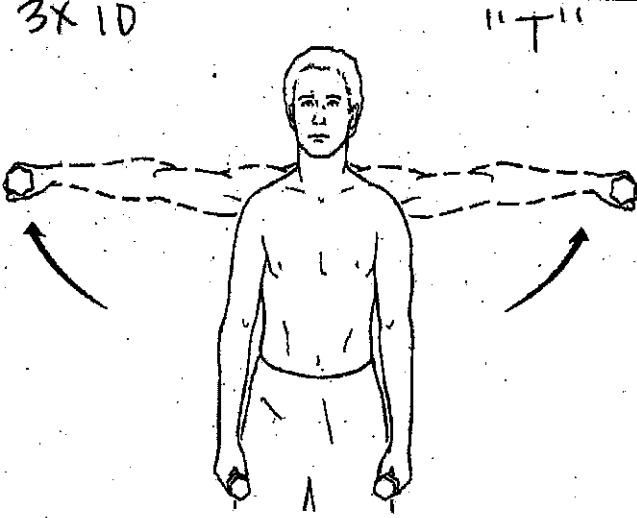


3x10



Forward Flexion
(Palms forward)

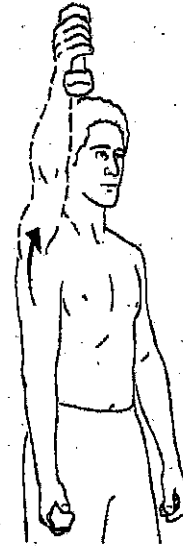
3x10



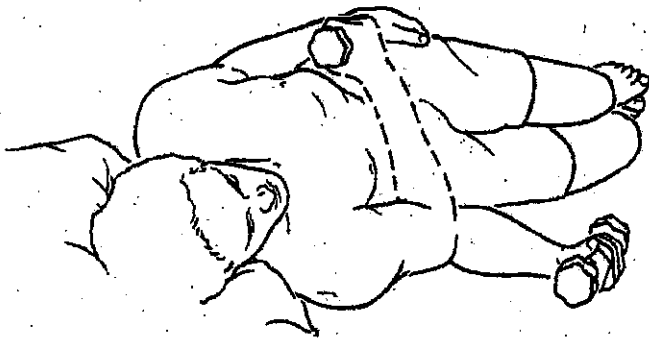
"T"

"Y"
"V"

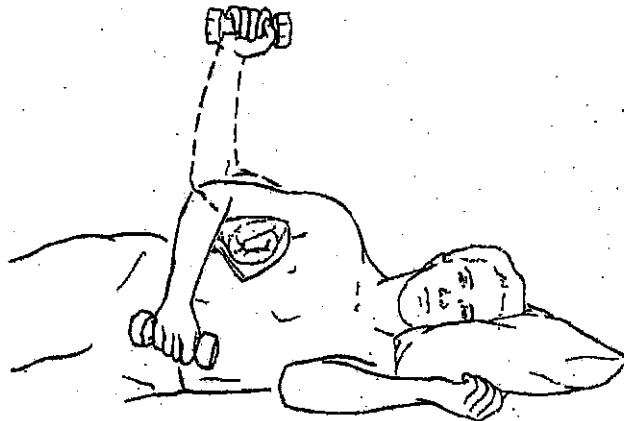
3x10



3x10

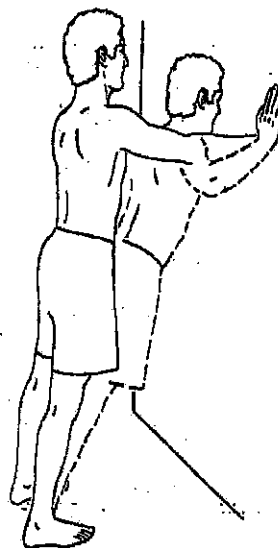
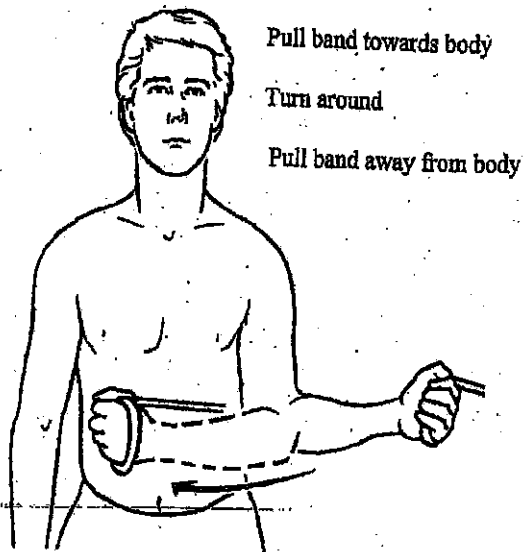


3x10



Banded Shoulder Exercises (resistance)

Shoulder Strengthening



3x10

