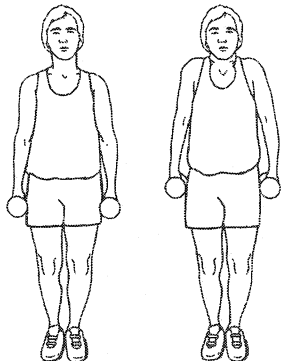




### BACK: TRAPS - 7 Shrug (Dumbbell)

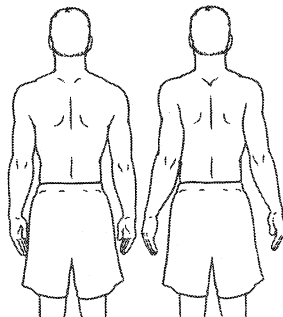
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do \_\_\_\_\_ sets.  
Complete \_\_\_\_\_ repetitions.

### SHOULDER - 101 Scapular Retraction (Standing)

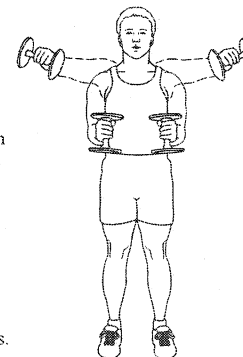
With arms at sides, pinch shoulder blades together.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

### SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)

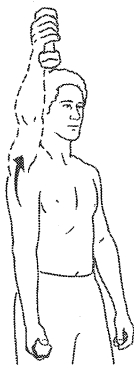
Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do \_\_\_\_\_ sets.  
Complete \_\_\_\_\_ repetitions.

### SHOULDER - 75 Strengthening: Scaption - with External Rotation

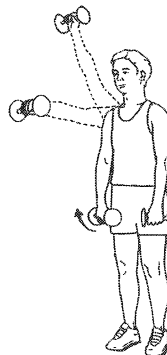
Holding \_\_\_\_\_ pound weight, raise right arm diagonally from hip to above head. Keep elbow straight, thumb up.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

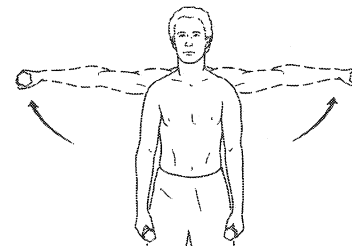
### SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



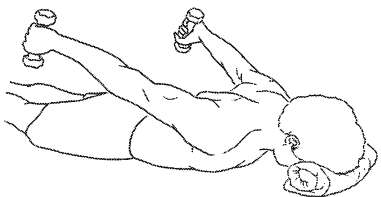
Do \_\_\_\_\_ sets.  
Complete \_\_\_\_\_ repetitions.

### SHOULDER - 67 Progressive Resisted: Abduction (Standing)



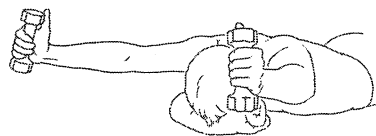
Holding \_\_\_\_\_ pound weights, raise arms out from sides.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

### SHOULDER - 65 Progressive Resisted: Extension (Prone)



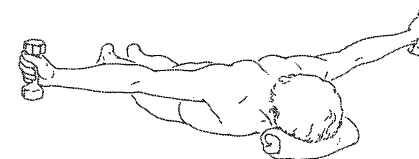
Holding \_\_\_\_\_ pound weights, arms back, raise arms from floor, keeping elbows straight.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

### SHOULDER - 59 Scapular: Flexion (Prone)



Holding \_\_\_\_\_ pound weights, raise both arms forward. Keep elbows straight.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

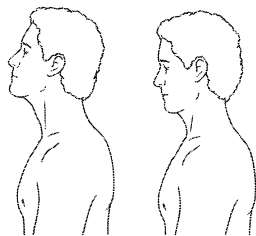
### SHOULDER - 58 Scapular: Stabilization (Prone)



Holding \_\_\_\_\_ pound weights, raise both arms out from sides. Keep elbows straight.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



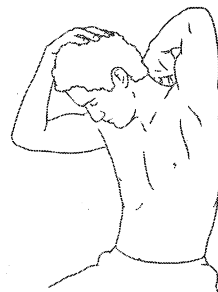
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.  
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

CERVICAL SPINE - 27 Levator Scapula Stretch

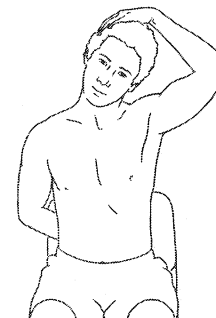
Place right hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

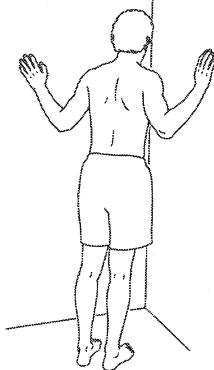
Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet \_\_\_\_\_ inches from corner, lean forward until a comfortable stretch is felt across chest. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.