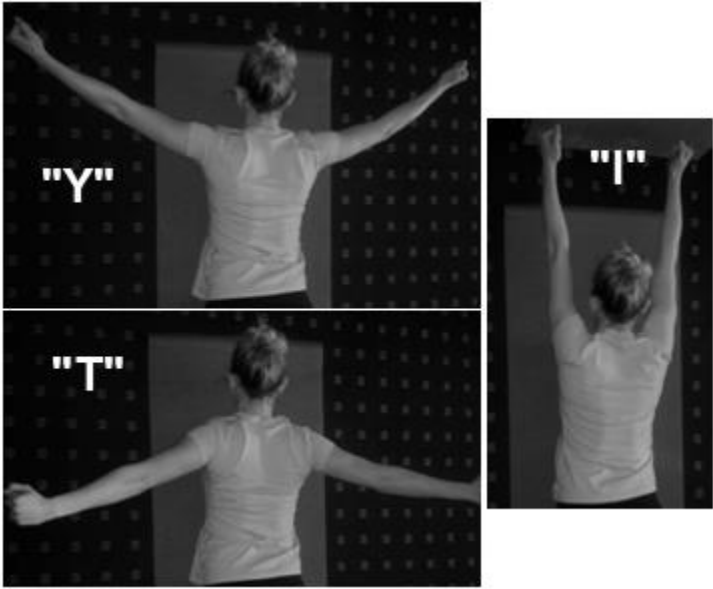

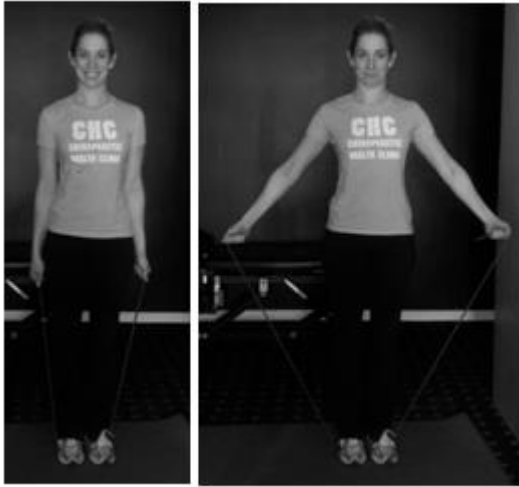


## ADVANCED SHOULDER EXERCISES

Exercise	Description	Sets/Reps
	<p><b>Y/T/I's</b> Lay on your stomach on a bed or a bench, with your arms at rest. Set your shoulder blades, and raise your arms first so you form a "Y", then out to your side so you form a "T", then above your head so you form an "I". Return to the starting position. That is one set.</p>	<p>3 sets of 10 reps, each</p>
	<p><b>W's</b> Hold your resistance band in both hands in front of you. Set your shoulder blades, and with your elbows bent, externally rotate your arms so that in the finishing position your arms are in a "w" formation. Return to the starting position in a controlled manner.</p>	<p>3 sets of 10 reps</p>

## ADVANCED SHOULDER EXERCISES



### Shoulder Abduction

Stand with your arms resting at your sides. Set your shoulder blades, and with your thumbs pointing upwards raise your arms to shoulder level. Perform unweighted, or with weights, as instructed by your Chiropractor.

3 sets of  
10 reps



### Horizontal Rows

Stand slightly bent at the waist, maintaining a neutral spine. Set your shoulder blades and pull back with your arms so your shoulder blades pinch together, similar to rowing a boat. Perform unweighted, or with weights, as instructed by your Chiropractor.

3 sets of  
10 reps

## ADVANCED SHOULDER EXERCISES



### **Bear Hugs**

Sling your resistance tubing behind your back, just below your shoulder blades. Hold an end of the tubing in each hand. Slowly reach your hands out in front of you, as if you are wrapping your arms around a big tree trunk. Round your upper back so that your shoulder blades round forwards. Return to the starting position in a controlled manner.

3 sets of 10  
reps