



BEGINNER SHOULDER EXERCISES: SCAPULAR POSITIONING

Exercise	Description	Sets/Reps
	<p>Abdominal bracing/hollowing Draw your belly button in towards your spine, engaging your abdominal muscles as if you are preparing to be hit in the stomach. Do not “suck in your gut”. Keep your core engaged as you continue breathing.</p>	<p>Goal: hold for 10 breaths</p>
	<p>Scapular Setting First engage your abdominal muscles. Then, draw your shoulder blades down and in. Imagine that you are trying to put your right shoulder blade in your back left pocket, and your left shoulder blade in your back right pocket.</p>	<p>10 sets, hold for 30 seconds</p>

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 <p>SET</p>	 <p>1</p>	 <p>2</p>	<p>Around the World 3 sets of 10 reps</p> <p>Place your hands against the wall at approximately shoulder height. Set your shoulder blades as described above. This is your starting position. Now you will perform 4 motions with your shoulder blades:</p> <ol style="list-style-type: none"> 1. Shrug your shoulders up 2. Press your shoulder blades down as far as you can 3. Round your upper back 4. Pinch your shoulder blades together 5. Return to starting position <p>That is 1 rep.</p>
	 <p>4</p>	 <p>3</p>	

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Wall Clocks

Hold a tennis ball against the wall with one hand at approximately shoulder height. Set your shoulder blades. Maintain the position of your shoulder blades while you move the tennis ball in a cross pattern. Return to the starting position. This is 1 rep.

3 sets of 10
reps per arm