

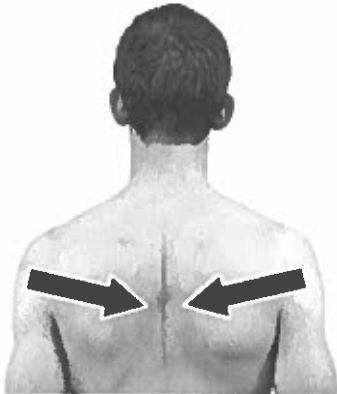


## SCAPULAR RETRACTIONS

Move your shoulder blades back and down. Hold, relax and repeat.

Repeat 10 Times  
Complete 2 Sets

Hold 5 Seconds  
Perform 3 Times a Week

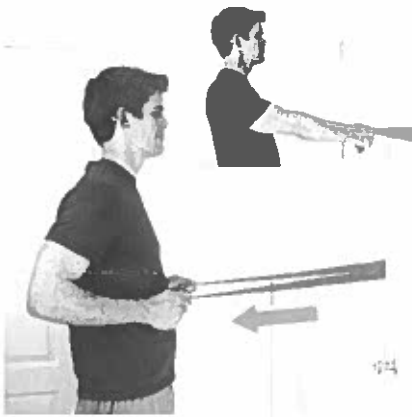


## ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Week



## ELASTIC BAND EXTENSION BILATERAL SHOULDER

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side.

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 3 Times a Week





### ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 12 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week



### ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

Repeat 12 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week