


#1
001

Initial Position

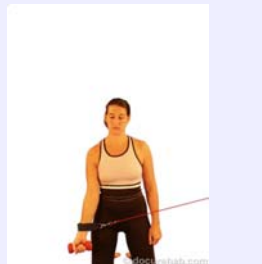


Final Position

1 times a day 15 times/set 3 sets


: **lateral arm**

Sit on the knees on the ground with the arms extended out holding the ball. Roll the ball in front of the body, by rotating at the hips and by using the arms.



#2
002

Initial Position

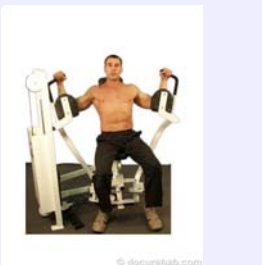


Final Position

green elastic color 5 weight 15 times/set 3 sets

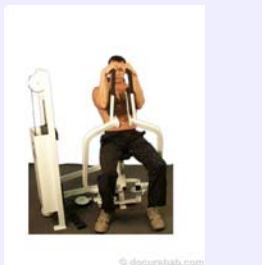
: **External Rotation**

The band should be secured to a stationary object at shoulder level. Begin in a kneeling position with the band at the left side of the body. Bring the band in front of the body and attach it to the right wrist. With a weight in the right hand, lift the arm in front of the body (forearm up) and over the head. Lower and repeat.



#3
004

Initial Position

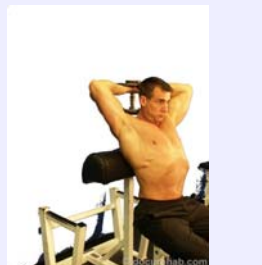


Final Position

20 lbs 4 times/week 10 times/ reps 3 reps

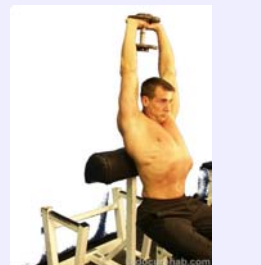
: **pect deck**

Place your arms on each padding of the pec deck machine, get a good grip on the handles, while you are seated. Keep back straight and chest out. EXHALE as you push with both arms to meet towards your chest but not covering your face. Then slowly release your hands back to the original position while INHALING, and let your chest expand.



#4
006

Initial Position




Final Position

15 lbs 4 times/week 10 times/ reps 3 reps


: **Seated triceps press**

Sit on a bench with a straight back, feet flat on the floor, and back firmly against the bench. Grasp one end of a dumbbell with both hands (palms up) and raise it above your head, locking the elbows. With your elbows held in place and squared, slowly lower the dumbbell behind your head until you feel a stretch in your triceps. Press the weight back up, following a slight arc until the elbows lock and the weight is once again about your head.



#5
003

Initial Position




Final Position

15 times/set 2 times a day 3 sets 3 s hold


: **Bilateral Triceps pull**

Stand with both feet apart at shoulder width, forearms facing forward, holding a bar behind the head. Straighten the elbows and elevate both arms to bring the bar above the head.



#6
005

Initial Position



Final Position

25 lbs 4 times/week 10 times/ reps 3 reps

: **vertical shoulder**

Sit on the bench that you adjust so the handles are beneath your shoulders. Press up over your head. EXHALE on the way up, and INHALE on the way down