



**R/C External Rotation**

Standing or sitting in readiness position. Attach tubing at elbow level from opposite side of body. Hold tubing against stomach keeping elbow bent to 90° and tight to side of body. Pull tubing out away from body keeping elbow tight to side. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**R/C Internal Rotation**

Standing or sitting in readiness position. Attach tubing at elbow level from same side of body. Hold tubing out away from body, keeping elbow bent to 90° and tight to the side. Pull tubing in toward stomach keeping elbow against side. Repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Shoulder Diagonal Abduction**

Stand on tubing and grasp with opposite hand from across body with palm facing hip. Pull tubing to raise arm up overhead and across body in an arc like motion. Lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	
Rest:	30-60 sec
4 x/week	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: