



5 Exercises for your Shoulder Health & Longevity

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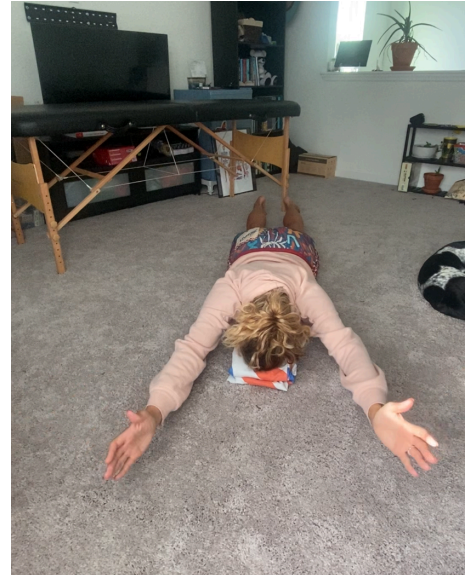
1. Banded high row + external rotation + overhead press



- ❖ Begin with a light to moderate resistance band anchored about shoulder height
- ❖ Draw your elbow back, squeezing your shoulder blade
- ❖ Rotate your shoulder to where your fist is facing the ceiling, not losing the shoulder engagement
- ❖ Slow and controlled, reach your arm up to the ceiling. Maintain the tension on the band, don't let it pull you forward
- ❖ Hold for 7 seconds.
- ❖ Slowly reverse the motions to return to start

*3 sets
12 times on each shoulder*

2. Prone ITY lift-off



- ❖ Begin face down, forehead supported on a towel for comfort
- ❖ Bring your arms to you side, creating a "T"
- ❖ Lift up from the "T" position, squeezing your shoulder blades together, bringing your arms off the ground
- ❖ Hold for 2 seconds
- ❖ Keeping your arms up, bring your arms up into a "Y" position, then set them down
- ❖ Lift up from the "Y" position, hold for 2 seconds
- ❖ Bring your arms overhead to an "I", then set them down
- ❖ Lift up from the "I" position, hold for 2 seconds
- ❖ Return to the "Y" position
- ❖ Lift up from the "Y" position, hold for 2 seconds
- ❖ Return to the "T" position

*2 sets
12 times*

3. High plank to T



- ❖ Begin in a plank position, keeping your core engaged
- ❖ Hold for 5 seconds
- ❖ Rotate to shift your weight onto one arm, reaching the other towards the ceiling
- ❖ Keep your eyes on your hand to reduce strain on your neck
- ❖ Keep your shoulders in line with your hips and feet, don't over rotate
- ❖ Hold for 5 seconds
- ❖ Return to a plank position
- ❖ Hold for 5 seconds
- ❖ Repeat on the other shoulder

*2 sets
10 on each shoulder*

4. Banded overhead Y's



- ❖ Begin with a looped band around your wrists
- ❖ Put tension on the band by bringing your arms into a “V” position
- ❖ Keeping the same tension on the band, bring your arms overhead into a “Y” position
- ❖ Hold for 2 seconds
- ❖ Return to the bottom

→ For an extra challenge, you can add dumbbells into each hand

*3 sets
15 times*

5. Wall open book with arm lift off



- ❖ Begin kneeling with the leg closest to the wall down, arms outstretched forward
- ❖ Keep your hand on wall as you slowly draw a large circle, opening your chest towards the wall
- ❖ Slowly lift your back arm off the wall
- ❖ Hold for 3 seconds
- ❖ Bring your hand back to the wall, and slowly reverse back to the start

*2 sets
10 reps each side*