



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 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day



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 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day



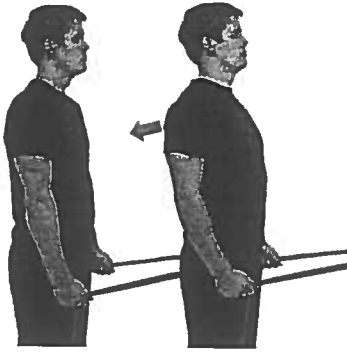
ELASTIC BAND ROWS

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 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

**ELASTIC BAND SCAPULAR
RETRACTIONS WITH MINI SHOULDER
EXTENSIONS**

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day



While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up.