

Shoulder Strengthening Exercises with Resistance

Shoulder Flexion



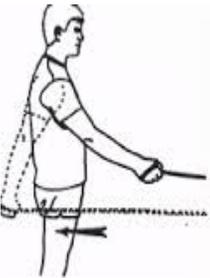
- Standing tall with your belly button drawn in towards your spine, place the exercise band in your hand and step forward to straighten the band
- Start with your thumb forward with the band by your side & pull the band forward until you feel resistance
- Hold for 3 seconds & slowly control letting the band back down to your side
- Repeat 10-30 times or until fatigue
- Perform 2 sets for 2 times per day

Shoulder Abduction



- Standing tall with your belly button drawn in towards your spine, place the exercise band in your hand and step to your side to straighten the band
- Start with your thumb (in/out), pull the band across your body & out to your side until you feel resistance
- Hold for 3 seconds & slowly control letting the band come back down
- Repeat 10-30 times or until fatigue
- Perform 2 sets for 2 times per day

Shoulder Extension



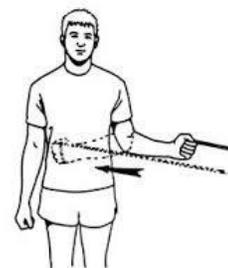
- Standing tall with your belly button drawn in towards your spine, place the exercise band in your hand and step backward to straighten the band
- Start with your thumb forward with your arm out in front of you & pull the band back slightly past your hip until you feel resistance
- Hold for 3 seconds & slowly control letting the band back up in front of you
- Repeat 10-30 times or until fatigue
- Perform 2 sets for 2 times per day

Shoulder External Rotation



- Standing tall with your belly button drawn in towards your spine, place the exercise band in your hand with your elbow bent & your arm folded across your body
- Start with your thumb up, pull the band across your body with your elbow bent (unfolding your arm from your body) until you feel resistance
- Hold for 3 seconds & slowly control letting the band come back across your body
- Repeat 10-30 times or until fatigue
- Perform 2 sets for 2 times per day

Shoulder Internal Rotation



- Standing tall with your belly button drawn in towards your spine, place the exercise band in your hand with your elbow bent & your arm out to the side of your body
- Start with your thumb up, pull the band across your body with your elbow bent (folding your arm across your body) until you feel resistance
- Hold for 3 seconds & slowly control letting the band come back out to your side
- Repeat 10-30 times or until fatigue
- Perform 2 sets for 2 times per day