











Shoulder Strength

Level 1

EXERCISES	REPS AND SETS	SPECIAL NOTES
Shrugs	10-20 Reps 2-4 sets	These are for posture. Maintain a good stance as you perform the movement.
Scapular Squeezes		
Side Lying External Rotation		Keep your elbow tight to your side.
Prone Horizontal Abduction		Keep your chest on the table and squeeze with your shoulder blade
Prone Shoulder Extension		Keep chest flat on the table and maintain a straight arm during the movement.
Scaption Raise	6-15 reps 2-4 sets	Thumb down, shoulder slightly in front of your body.
Front Raise		Palms down and keep an upright posture.
Side Raise		Palms down and keep an upright posture.

SHOULDER STRENGTH EXERCISE DESCRIPTIONS

Shrugs	
	<ul style="list-style-type: none"> • Start in a neutral shoulder position. • Raise shoulders straight up toward your ears.
Scapular Squeezes	
	<ul style="list-style-type: none"> • Start in a neutral shoulder position. • Squeeze shoulder blades back pinching them together. • Return to start position
Side Lying External Rotation	
	<ul style="list-style-type: none"> • Lie on your side. • Keep your elbow tight to your side while raising your hand/dumbbell up. • Raise as high as you can without losing posture.
Prone Horizontal Abduction	
	<ul style="list-style-type: none"> • Lie on your stomach. • Raise your arm up to the side, leading with your shoulder blade. Use a thumb up hand position. • Lower down with control.

Prone Shoulder Extension	
	<ul style="list-style-type: none"> • Start on your stomach. • Raise arm up behind you. • Control the shoulder blade as you raise.
Scaption Raise	
	<ul style="list-style-type: none"> • Start standing with thumbs down. • Bring your arms slightly in front of your body. • Raise up to shoulder height, then lower down with control.
Side Raise	
	<ul style="list-style-type: none"> • Start standing with dumbbells at your side and palms down. • Raise up to shoulder height, then lower with control.
Front Raise	
	<ul style="list-style-type: none"> • Start standing with dumbbells on your thighs and your palms down. • Raise up to shoulder height, then lower with control.