



# Shoulder Strength

## Level 2





EXERCISES	REPS AND SETS	SPECIAL NOTES
<b>Band Scapular Rows</b>	12-15 reps 2-5 sets	Squeeze shoulder blades together.
<b>Band Shoulder Extension</b>		Keep elbows straight as you pull down.
<b>Band External Rotation</b>		Keep your elbow tight to your body the entire movement.
<b>Band Internal Rotation</b>		Keep an upright posture during the movement.

### REMINDERS

1.

# SHOULDER STRENGTH EXERCISE DESCRIPTIONS

## Level 2

Band Scapular Rows	
	<ul style="list-style-type: none"> <li>• Start with arms straight in front of you.</li> <li>• Pull your arms back keeping your elbows tight to your sides.</li> <li>• Pinch your shoulder blades back as you finish the pull.</li> </ul>
Band Shoulder Extension	
	<ul style="list-style-type: none"> <li>• Start with arms straight out in front of you.</li> <li>• Pull your hands down and back keeping your arms close to your sides.</li> <li>• Pinch shoulder blades at the end.</li> </ul>
Band External Rotation	
	<ul style="list-style-type: none"> <li>• Stand sideways to the band. Have your active hand farthest from the cord.</li> <li>• Move your hand from your stomach out to the side, then control back in.</li> </ul>
Band Internal Rotation	
	<ul style="list-style-type: none"> <li>• Stand sideways to the band with your active hand closest to the band.</li> <li>• Have your elbow by your side and your hand out at an angle away from the body.</li> <li>• Pull in to your stomach, then control back out.</li> </ul>