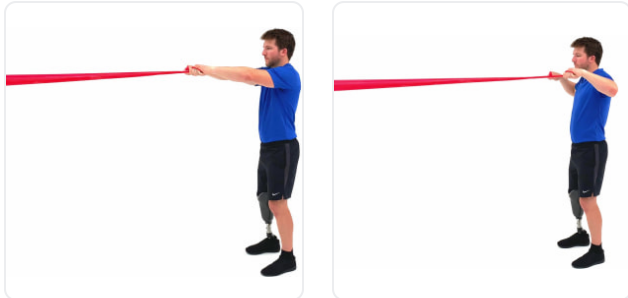


SHOULDER JPAC PAINFUL WEEK 8

Row With Band



Description

1. Raise one arm forward to reach for a cable
2. Pull the cable into your ribs
3. Slowly release the cable forward keeping good posture

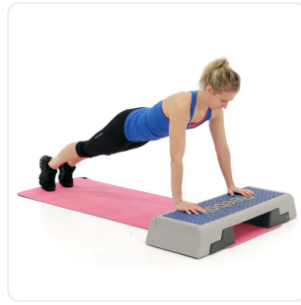
Sets: 1-3

Reps: 10-15

Color:

Tempo:

Press Up on Step Box



Description

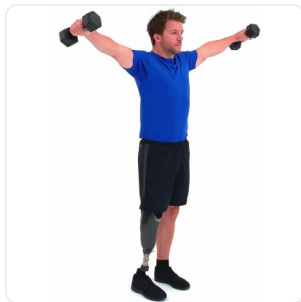
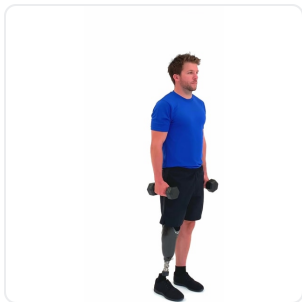
1. Place your hands on a step in a press up position
2. Bend the arms keeping the body straight so you lower the chest to the step
3. Push the chest away from the step keeping the body straight

Sets: 1-3

Reps: 10-15

Tempo:

Lateral Raise



Description

1. Hold dumbbells by your side
2. Keep the arms straight and raise the hands out to the side
3. Lower the dumbbells down to the side

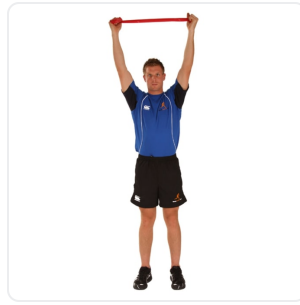
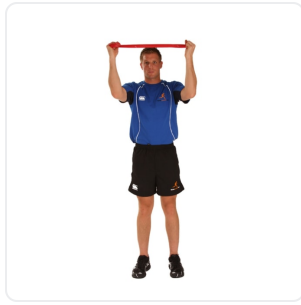
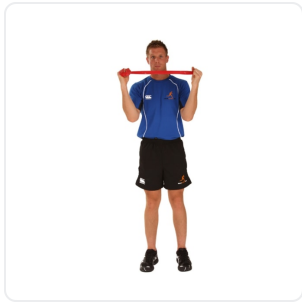
Sets: 1-3

Reps: 10-15

Weight:

Tempo:

Shoulder Press With Resisted External Rotation



Description

1. Hold a resistance band between your hands
2. Raise the hands in front of you with the elbows bent
3. Separate your hands against the resistance band and press the hands over your head
4. Lower the hands down

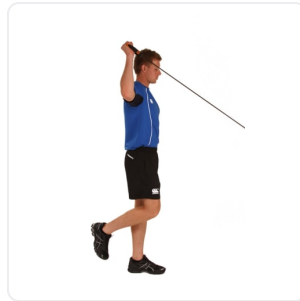
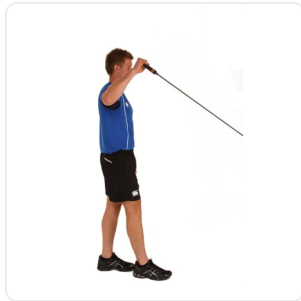
Sets: 1-3

Reps: 10-15

Color:

Tempo:

Step Back And Shoulder External Rotation



Description

1. Hold a cable or resistance band with one hand that is set low in front of you
2. Raise your arm out to your side with your elbow bent and your forearm pointing forward
3. Slowly step back onto the opposite leg and rotate your shoulder back so the forearm points up
4. Step forward and lower the forearm down to rotate the shoulder

Sets: 1-3

Reps: 10-15

Weight:

Color:

