



### 1: Resisted Rows with Band in Standing

- Anchor band midway up door or wall, opposite ends in each hand
- Stand with correct posture and stomach muscles tight
- Pull band toward body at elbow height, squeezing shoulder blades together
- Repeat as instructed

**Sets: 2 Reps: 15 Sessions: 2** Tues, Thur **Hold Time: 5s**



### 2: Wall Push Up

- Stand facing wall with feet shoulder width apart (2-3 feet away from wall)
- Place hands on wall at shoulder height
- Slowly bend elbows and lean forward, then extend elbows
- Repeat as instructed

**Sets: 2 Reps: 15 Sessions: 2** Tues, Thur **Hold Time: 5s**



### 3: Resisted External Rotation with Weight in Side Lying

- Lie on side with head supported by pillow or hand
- Place towel roll between body and elbow
- Bend top elbow to 90 degrees and hold weight in hand
- Keep elbow bent while raising hand toward ceiling
- Repeat as instructed

**Sets: 2 Reps: 15 Sessions: 2** Tues, Thur **Hold Time: 5s**



### 4: Resisted Scaption with Weight (Thumb Up)

- Stand with weight in one hand
- Thumb pointed toward ceiling
- Raise arm at 45 degree angle from body toward ceiling to shoulder height
- Repeat as instructed

**Sets: 2 Reps: 15 Sessions: 1** Tues, Thur  
**Resistance: 2 lbs Hold Time: 5s Side: Right**