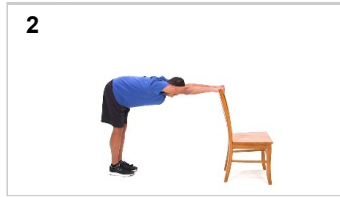

Step Back Shoulder Stretch with Chair

REPS: 5

HOLD: 5"



Setup

Begin in a standing upright position in front of a chair with your hands resting on the backrest.

Movement

Slowly walk your feet backward, lowering your chest toward the floor, until you feel a stretch in your shoulders. Hold, then return to the starting position and repeat.

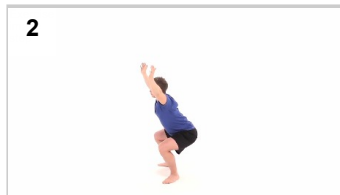
Tip

Make sure keep your movements slow and controlled and do not shrug your shoulders during the exercise.

Overhead Y Squat

REPS: 10

SETS: 1



Setup

Begin in a standing upright position, with your arms raised overhead in a Y shape.

Movement

Squat, bending at your knees and hips, until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Single Arm Bent Over Shoulder Horizontal Abduction with Dumbbell - Palm Down

REPS: 10	SETS: 1
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Setup

Begin kneeling over a chair with one foot on the ground, holding a dumbbell in your hand, palm facing inward.

Movement

Raise your arm directly to your side with your elbow straight, then lower it back down and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Single Arm Bent Over Shoulder Scaption with Dumbbell

REPS: 10	SETS: 1
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Setup

Begin kneeling over a chair with one foot on the ground, holding a dumbbell in your hand.

Movement

Raise your arm diagonally forward with your elbow straight, then lower it back down and repeat.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

Seated Levator Scapulae Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a sitting position. Place one hand on your shoulder and your other hand on your head.

Movement

Gently bend your head forward and away from your shoulder blade until you feel a gentle stretch in your upper back and neck. Repeat to the other side.

Tip

Make sure to keep your back straight during the exercise.

Standing Shoulder Posterior Capsule Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

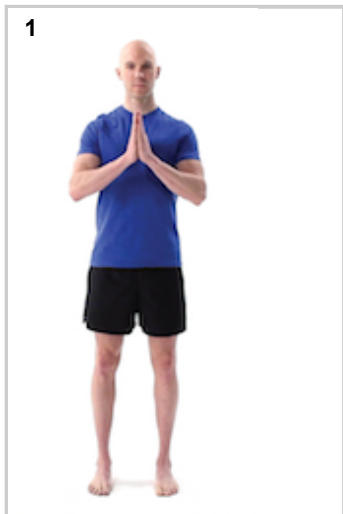
Tip

Make sure to maintain good posture during the exercise.

Wrist Prayer Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

To significantly increase the stretch you can turn your hands to point downward.

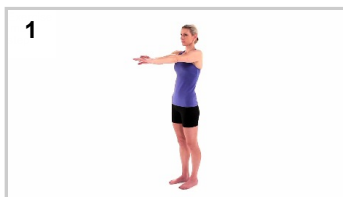
Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

Standing Wrist Flexion Stretch

REPS: 1

HOLD: 15"



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Repeat on the other side.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.