



### SHOULDER WEIGHTS (III) \*using 1-4 pound weights

Prone on stomach (both or one arm at a time)

1. Hand to Hip
2. Arm to side, elbow bent, one arm row
3. Arm forward at 45 degrees, thumb up
4. Arm to side, elbow bent, external rotation

On side (towel roll in arm pit)

1. External rotation (lie on non-dominant side)
2. Internal rotation (lie on dominant side)

Standing—pinch shoulder blades (both arms at same time)

1. Arms to 90 degrees at side, slightly forward, thumbs up
2. Elbows bent at 90 degrees at side, raise elbows to shoulder height, rotate back, rotate forward, return to starting position