



SHOULDER TUBING (IV)

1. Standing Rows (both): attach tubing at shoulder height, pull arms back until shoulder blades pinch, keeping shoulders and hands at shoulder height.
2. Internal Rotation behind back (one arm at a time): attach tubing at waist height, same side as exercised arm, reach arm behind back to opposite hip, thumb down.
3. Triceps Extensions (both): attach tubing at shoulder height, elbows in front at shoulder height, extend arms until shoulders are straight.
4. Internal Rotation at 90/90 (both): attach tubing behind you at shoulder height, elbows and shoulder at 90 degree angles, rotate arms forward (internal rotation).
5. External Rotation at 90/90 (both): attach tubing in front of you at shoulder height, elbows and shoulders at 90 degree angles, rotate arms backward (external rotation).
6. Wrist Flexion: throwing arm extended at shoulder height, supported by other arm, tubing attached behind you, flex wrist down.
7. Wrist Extension: throwing arm extended at shoulder height, supported by other arm, tubing attached in front of you, extend wrist up.