

# SHOULDER EXERCISES



## Scaption External Rotation

Raise arm diagonally out of hip to just above head. Keep elbow straight and thumb pointing up.

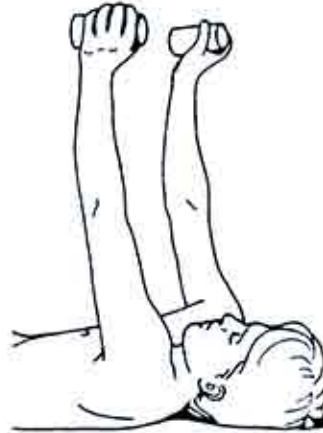


## External Rotation

Raise arm up towards ceiling. Keep elbow bent and in at side.

## Scapular

Attempt to push arms straight up to ceiling with \_\_\_ lbs. Keep back against floor and elbows straight.



## Saws

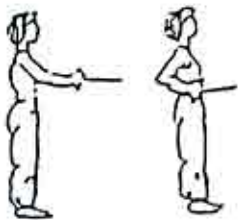
Supporting body weight with hand on table, reach out in front of you. Pull arm back pinching shoulder blades together.

## Internal Rotation

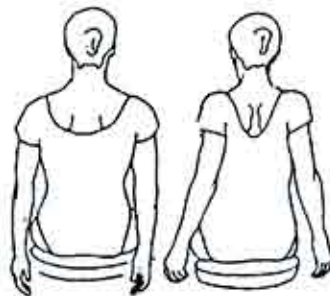
Bring arm up toward body, keeping elbow bent and in at side.



# UPPER BACK STRENGTHENING



(on machine at gym)  
25lb weight



Sit erect with feet flat on floor and arms relaxed at sides. Pull shoulders back bringing shoulder blades as close together as possible. Elbows point to back pockets. Hold 6 sec.. Relax.



## Lower Trapezius

Stand with back flat against the wall as you turn your arms out and slowly raise overhead. Keep upper body in contact with wall and do NOT allow upper back to arch (tighten lower abdominals).

*Also do:* Shrugs  
and Reverse Shrugs

- ➔ Avoid injury by keeping shoulders **DOWN** in all these exercises!
- ➔ Do all for 3 sets of 15 reps, twice a week with 48 hours between session.

Exercises provided by Lori Jorgenson MS (Certified Personal Trainer)  
For morespecific weight training, contact a trainer at Club Sport (503) 960-4507