

HAPPY SHOULDERS

This combination of movements helps with shoulder range of motion and strength. .

You can use light hand weights for the flies.

Set a timer for 3-5 minutes. Do 10 repetitions of each movement and then start at the beginning until the time ends.

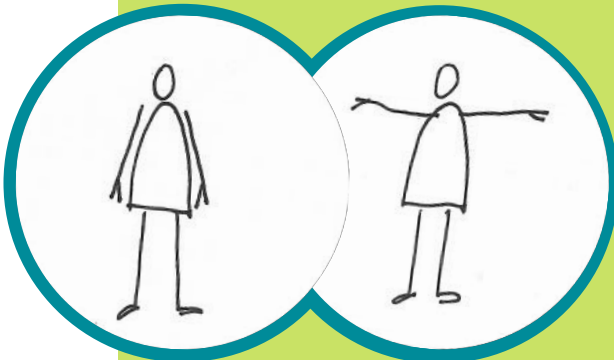


10 Swimmers

circle left arm forward 5 times,
circle right arm forward 5 times,
on second set,
circle left arm back 5 times,
circle right arm back 5 times

WHAT'S HAPPENING?

- increases shoulder range of motion
- builds strength in biceps + triceps
- builds strength in mid and upper back
- supports good posture

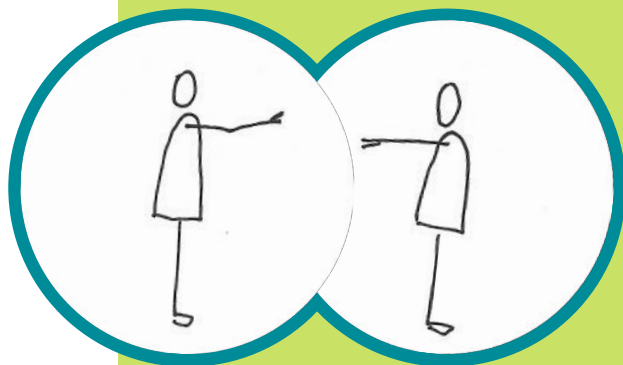


10 Shoulder Flys

arms at shoulder height.
drop arms down to sides.
raise arms back up
to shoulder height,
tighten arms for resistance,
or use light hand weights

WHAT'S HAPPENING?

- increases shoulder range of motion
- builds strength in biceps + triceps
- builds strength in mid and upper back
- supports good posture



10 Back Flys

feet at shoulder width,
arms together
at shoulder height,
at the front,
stretch arms as far back,
squeezing shoulder
blades together

WHAT'S HAPPENING?

- stretches area at chest across collar bones
- builds strength in biceps + triceps
- builds strength in mid and upper back
- supports good posture