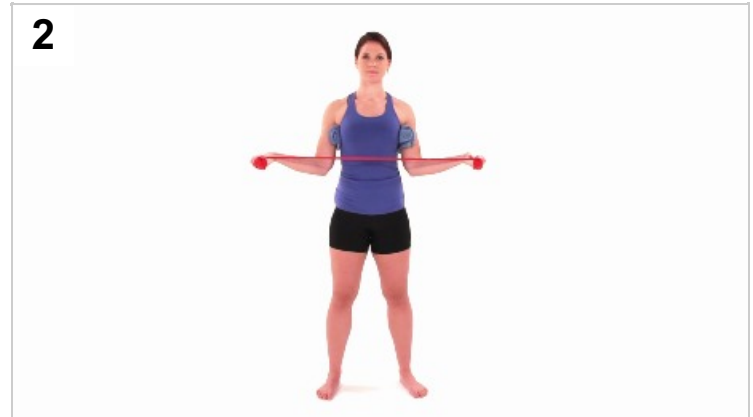


Standing Shoulder External Rotation with Resistance

REPETITIONS: 10	SETS: 3	HOLD (SECONDS): 5	DAILY: 1
WEEKLY: 3			



Setup

Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

Movement

Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.

Bird Dog

REPETITIONS:
10

SETS: 3

DAILY: 1

WEEKLY: 3

1



2



Setup

Begin on all fours, with your arms positioned directly under your shoulders.

Movement

Straighten one arm and your opposite leg at the same time, until they are parallel to the floor. Hold briefly, then return to the starting position.

Tip

Make sure to keep your abdominals tight and hips level during the exercise.

Full Plank

SETS: 3

**HOLD
(SECONDS): 60**

DAILY: 1

WEEKLY: 3

1



2



Setup

Begin on all fours with your arms directly underneath your shoulders.

Movement

Extend your legs backward so your body is in a plank position, and hold.

Tip

Make sure to keep your back straight, abdominals tight, and maintain a gentle chin tuck throughout the exercise.

Side Plank with Full Arm Support

SETS: 3

**HOLD
(SECONDS): 30**

DAILY: 1

WEEKLY: 3



Setup

Begin lying on your side with your feet stacked, resting on your elbow.

Movement

Lift your hips off the floor and straighten your elbow so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

Tip

Keep your head in line with your trunk and do not let your hips sag toward the floor. Make sure not to roll forward or backward during the exercise.

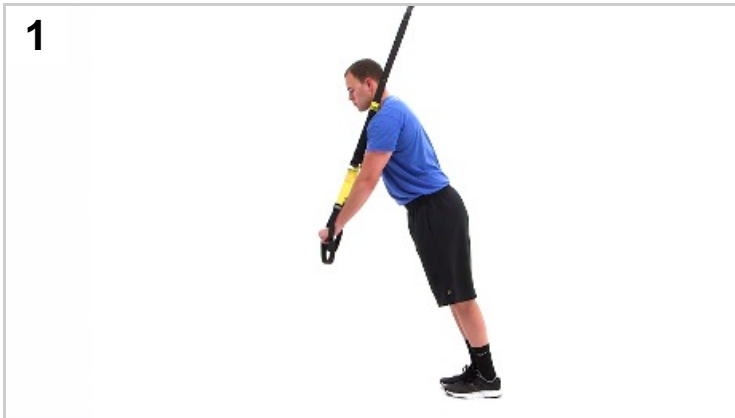
Standing Fallout with TRX®

REPETITIONS:
10

SETS: 3

DAILY: 1

WEEKLY: 3



Setup

Begin in a standing upright position, holding a TRX® handle in each hand with an overhand grip. Slowly walk and lean forward so that your body is in a slight diagonal position.

Movement

Keeping your arms straight and your abdominals engaged, lean forward and raise your arms overhead as far as you are able to control. Reverse the movement to return to the starting position and repeat.

Tip

Make sure to keep your abdominals engaged and your movements slow and controlled during the exercise. Do not arch your back or shrug your shoulders.