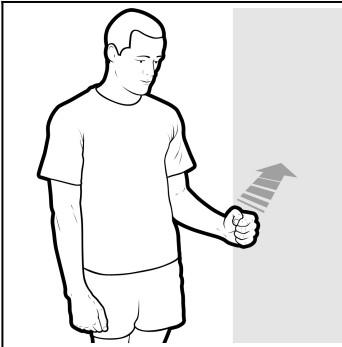


'GET STRONG' - SHOULDER EXS

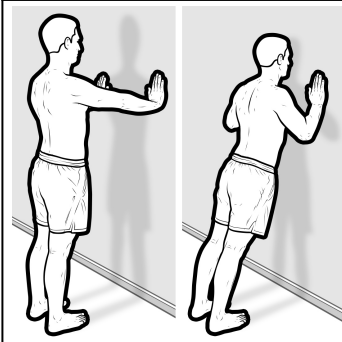


ISOMETRIC EXTERNAL ROTATION

With your arm against your side, elbow bent to 90° and wrist in contact with the wall, rotate your arm out against the wall. Ensure no movement occurs. Hold the contraction for 5-10 seconds. Relax and repeat.

SETS & REPS: 4-6 times

FREQUENCY: 1-2 daily

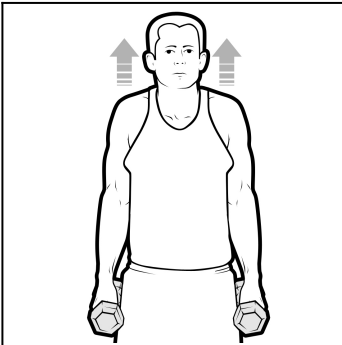


WALL PRESS-UP

Standing, lean forwards placing your hands on a wall just wider than your shoulders with elbows straight (1). Ensure your lower back stays in a straight position. Then perform a press-up, bending only from the elbows and lower your body towards the wall (2). Push back to the start and repeat. To make this harder, take your feet further away from the wall

SETS & REPS: 6-12 times,twice

FREQUENCY: 1-2 daily

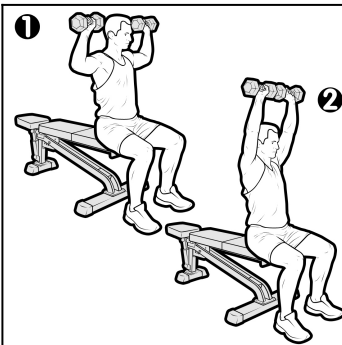


WEIGHTED SHOULDER SHRUGS

Holding dumb-bells, (or any weight such as tin cans or a filled water bottle) at your side, shrug your shoulders towards your ears. Slowly lower and repeat.

SETS & REPS: x10-30

FREQUENCY: once a day

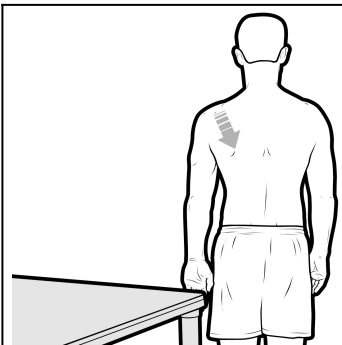


SEATED WEIGHTED SHOULDER PRESS

In sitting, holding the dumb-bells (or any weight such as tin cans or a filled water bottle) in both hands. Start with your shoulders and elbows bent to 90° out to the sides (1). Straighten your elbows to push the weight up towards the ceiling (2). Slowly lower and repeat.

SETS & REPS: 6-12 times,twice

FREQUENCY: once a day



LOW ROW

Place your hand on the edge of a table with your arm by your side (or very slightly behind). Push your arm straight back against the table while pulling your shoulder blade 'down and in'. Hold for 5 - 10 seconds. Relax then repeat.

SETS & REPS: 4-6 times

FREQUENCY: 1-2 a day