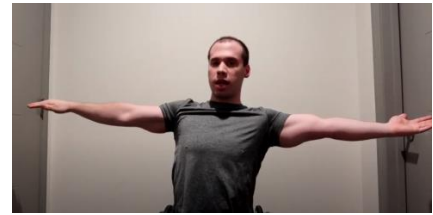


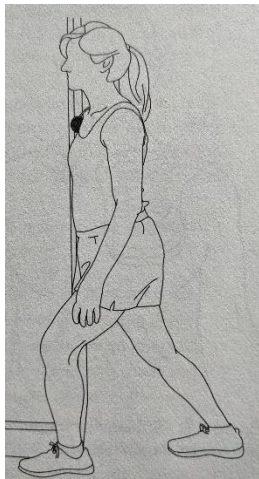
# Shoulder Workout B

## 1. Shoulder Rotate and Reach



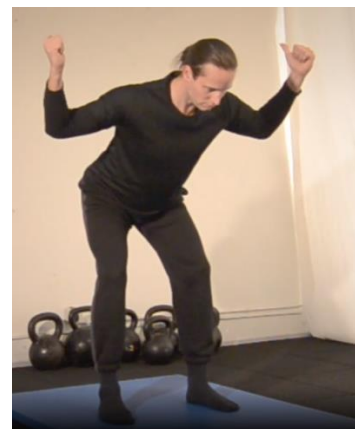
Sets: 2    Reps: 10 to each side

## 2. Massage Pecs and Stretch Pecs



Massage the pecs as shown in the left picture for 30 to 60 seconds and stretch straight after as shown in the right picture on each side.

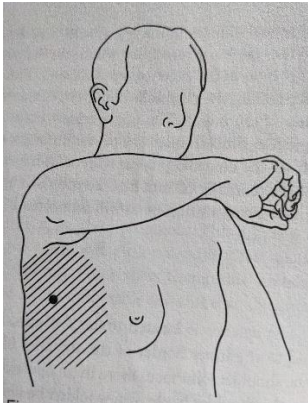
## 3. The "W"



Sets:3            Reps: 20

Perform the massage and stretch from #2 before each set.

#### 4. Massage and stretch lats / triceps



Use a massage ball and massage the spot shown in the left picture on both sides for 30 to 60 second, then stretch lats and triceps on a chair as shown in the right picture.

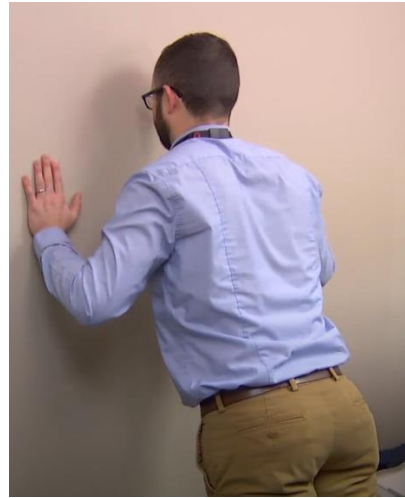
#### 5. The "Y"



Sets: 3      Reps: 20

Perform the massage and stretch from #4 before each set.

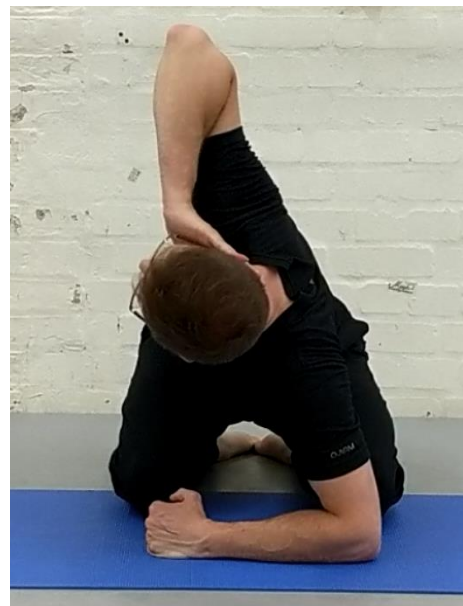
## 6. Wall Push Up



Sets:3      Reps:20

Stand 2 to 3 feet away from a sturdy wall. Put your hands to the wall roughly at shoulder high and width. Lower your body towards the wall whilst maintaining a neutral back and your elbows close to your body.

## 7. Upper Back Rotation



Sets:3      Reps:10 per side

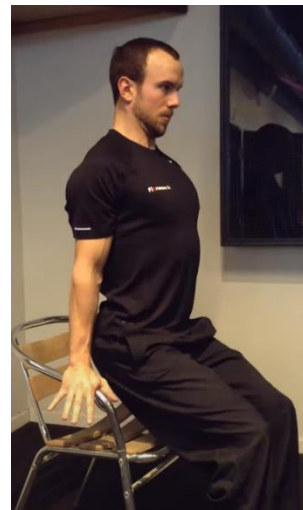
Assume a quadrupedal position on a soft surface. Put one hand behind your neck. Try to open your shoulder as far as possible, then rotate from your back to increase your range. Also turn your head and think of looking at what is above you.

## 8. Upper Trap Stretch



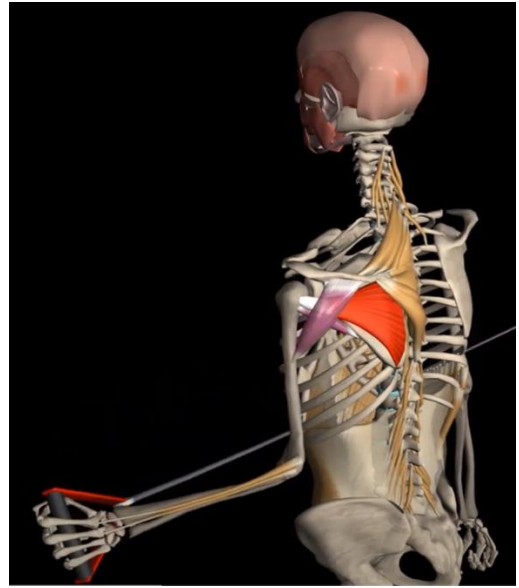
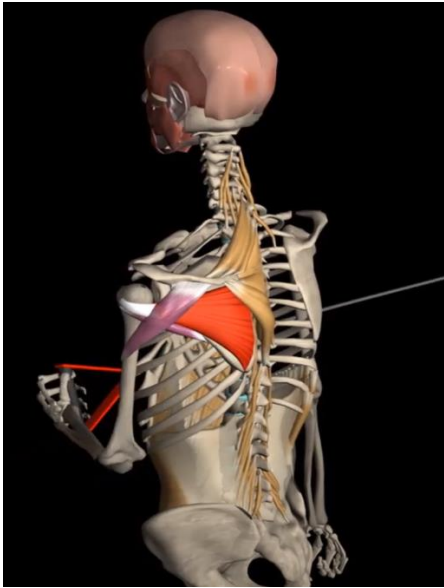
Stretch your upper traps by leaning your head to the side for 30 to 60 seconds as shown in the picture. Use a light weight or sit on your hand to keep the shoulder down.

## 9. Shoulder Pushdown



Sets: 3      Reps: 15  
Perform the stretch from #6 before each set

## 10. Shoulder External Rotation



Sets: 3      Reps: 15

Make sure your elbow and shoulder stay in position throughout the movement.

## 11. Shoulder Internal Rotation



Sets: 3      Reps: 15

Make sure your elbow and shoulder stay in position throughout the movement.