

Bench Press

Start Position: Lying on back (with hip and knees bent if possible); arms straight out to the sides, with elbows bent less than 90



End Position: Elbows are straight



Butterfly Press

Start Position: Sitting with straight back; arms straight out to side with palms of hands facing forwards & 90 of elbow flexion



End Position: Bring forearms together



Military Press

Start Position: Sitting with back straight; shoulders between perpendicular to floor and parallel, elbows bent more than 90 with fingers facing away from you



End Position: Elbows are straight



Biceps Curls

Start Position: Sitting with back straight; arm @ side



End Position: Elbow is fully bent



Triceps Curls

Start Position: Sitting with back straight; arm up near head with elbow bent



End Position: Elbow is straight



Shoulder Abductors

Start Position: Sitting with back straight, & arm @ side



End Position: Arm straight out to side with elbow straight



Curl Back Neck

Start Position: Sitting with back straight, arms shoulder width apart over head with elbows extended



End Position: Bar is behind neck



Seated Row with Rounded Shoulders

Start Position: Sitting with arms straight out in front with thumbs up; hands are ~6 inches apart



End Position: Elbows @ side and squeeze shoulder blades together @ the end



Scapular Retraction

Start Position: Sitting with arm straight out @ chest level



End Position: Arm back in row position



Modified Push-Up Plus 1 (if you are unable to control shoulder blade)

Start Position: Arms straight in the air



End Position: Punch up in the air and round shoulders (note space under shoulders)



Modified Push-Up Plus 2 (able to control shoulder blade)

Start Position: On stomach propped up on elbows



Start Position: Push through elbows and round your shoulders



External Rotation

Start Position: Tension on Thera-Band so your elbow is @ side and arm is resting on abdomen (Band is attached to door)



End Position: Wrist is out to side with elbow close to body



External Rotation

Start Position: Elbows @ side with tension on Band



End Position: Hands away from each other @ side with elbows still touching side of body



Internal Rotation

Start Position: Tension so that you elbow is @ side and wrist close to the door (Band is attached to door)



End Position: Wrist is resting on abdomen with elbow close to body



Shoulder Adduction

Start Position: Arm straight out to side



End Position: Wrist @ your side with arm straight with thumb facing forward

