

Phase 3

GOOD FOR:

- Strengthening the shoulder and biceps tendon
- Preventing pain and injury

GUIDELINES:

- Perform 3 or 4 days a week
- Do 3 sets of 10–15 reps
- Push sets to fatigue
- Tools: dumbbells, resistance tube band, bench

lateral raise

Holding dumbbells at your sides, raise your arms to shoulder level with your palms facing down. You can also do this exercise with one arm using a resistance band or cable machine.



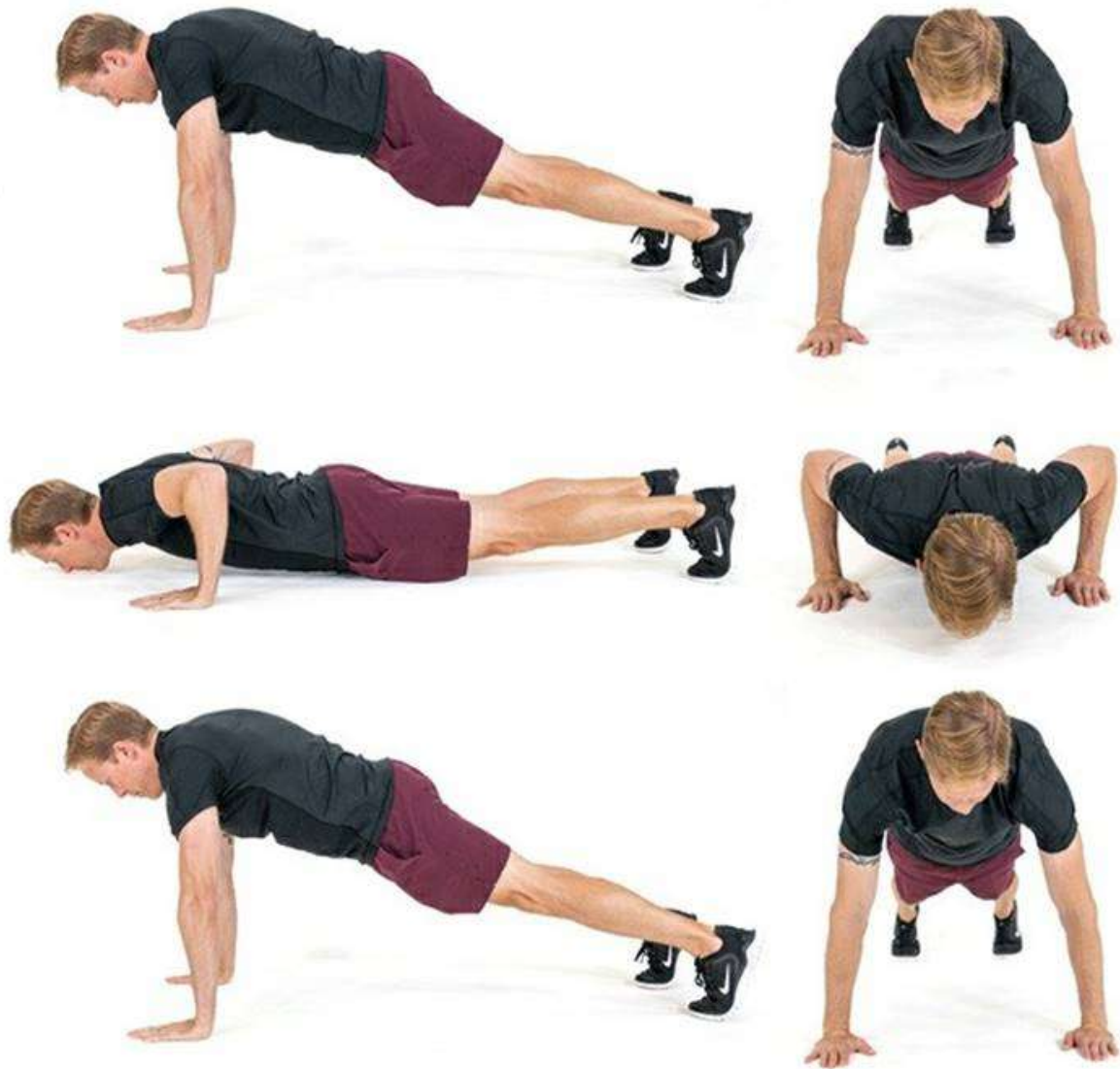
supinated frontal raise

With your palms facing forward, raise your arms to shoulder level. You can also do this exercise using a resistance band or cable machine.



push-up plus

Get into the plank position: hands shoulder width apart, shoulders aligned over your wrists, and back flat. Perform a standard push-up by lowering your chest to the ground. Try to keep your elbows in (about 45 degrees from your body), forearms vertical, and back flat as you lower into the bottom position. As you reverse the movement and reach the start position with your elbows extended, protract your shoulder blades by pushing your shoulders toward the ground. This should raise your body a few inches higher.



banded press with protraction

Anchor a band at about chest height. Press your arms straight out. As you extend your elbows, rotate your palms toward the ground and protract your shoulders (push your shoulder blades forward).



bench press

Lie on a bench and position the dumbbells over your lower chest with your palms facing your legs. Position your elbows slightly away from your body (at a 45-degree angle) and keep your forearms vertical. As you press the dumbbells straight up, rotate your shoulders so that your palms are facing each other at the top of the movement.



dolphin press

Get into the plank position with your elbows positioned underneath your shoulders and your forearms flush with the ground. Walk your feet forward and elevate your hips, keeping your back as flat as possible. Lower your head to the ground and allow your shoulders to retract. Maintaining your back and hip angle, protract your shoulders (push your shoulders toward the ground) and lift your body.

