

Test Shoulder

3-Day Program

Day 1

Warmup

Exercise	Description	Sets	Reps

Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, move the hips back and forth while arching the lower back.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Wall Slides	An exercise to improve shoulder mobility and posture. Stand with your back to a wall, slide down until your arms are straight, then slide back up.	3 sets	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation is easier than a full handstand.	3 sets	30-45 seconds
Wall Handstand Hold	Hold a handstand against a wall to build strength and control.	4 sets	30-60 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground ...	3 sets	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shou... .	3 sets	30-45 seconds
Plank	A core strength exercise that involves maintaining a horizontal body position.	3 sets	60 seconds

Stretching

Exercise	Description	Sets	Reps

Child's Pose	Sit back on heels with arms extended forward on the floor.	60-90 seconds
Wrist Stretch	A stretch to improve flexibility and prevent injury.	30 seconds each side

Day 2

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, move the hips back and forth while keeping the head and neck neutral.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulder blades.	3 sets	15 reps
Wall Slides	An exercise to improve shoulder mobility and posture. Lie on your stomach, place your forearms on the wall, and slide your body down the wall.	3 sets	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation helps build strength in the upper body and core.	3 sets	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shoulders and hips off the floor.	3 sets	30-45 seconds
Push-ups	Classic upper body exercise. Lower body to ground and push up.	3 sets	10-15 reps

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury. Wrap a band around a door handle or doorknob and hold onto it with both hands, then pull your fingers back towards your body.	2 sets	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on the floor.	60-90 seconds
Shoulder Stretch	Pull one arm across body using the other arm. Hold for 30 seconds.	30 seconds each side

Day 3

Warmup

Exercise	Description	Sets	Reps
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Prehab

Exercise	Description	Sets	Reps
Cat-Cow Stretch	A gentle stretch to warm up the spine. On hands and knees, move the hips back and forth while keeping the head and neck neutral.	2 sets	10 reps

Shoulder Opener

Exercise	Description	Sets	Reps
Band Pull-Aparts	Hold resistance band at chest level. Pull hands apart until you feel a stretch in the shoulder blades.	3 sets	15 reps
Wall Slides	An exercise to improve shoulder mobility and posture. Lie on your stomach, place your forearms on the wall, and slide your body down the wall.	2 sets	12 reps

Handstand

Exercise	Description	Sets	Reps
Chest-to-Wall Handstand	Face the wall in handstand position. This variation helps to build strength and confidence in the handstand.	4 sets	30-45 seconds

Conditioning

Exercise	Description	Sets	Reps
Push-ups	Classic upper body exercise. Lower body to ground ...	4 sets	10-15 reps
Hollow Body Hold	Lie on back, press lower back to ground, lift shou...4.	4 sets	30-45 seconds

Stretching

Exercise	Description	Sets	Reps
Wrist Stretch	A stretch to improve flexibility and prevent injury. Hold each side for 30 seconds.	2 sets	30 seconds each side

Child's Pose	Sit back on heels with arms extended forward on th...	60-90 seconds
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