

Notes :

1 Chest press with band



Sets: 1 Reps: 5 Freq: 3 X week

Anchor a band behind you and hold the two extremities at shoulder height while standing up and pulling your navel slightly in.

Push the hands forward together with an upright trunk posture. Make sure your spine doesn't curl forwards.

Slowly return the arms back to the start position, don't let the elastic pull you back

2 Band rowing



Sets: 1 Reps: 5 Freq: 3 X week

Stand and tie an elastic in front of you at waist level and hold each ends with your hands.

With your shoulders down and back, pull your arms back by bending the elbows and retracting your scapulas.

Slowly return to the initial position and repeat.

3 Wall push-ups



Sets: 1 Reps: 5 Freq: 3 X week

Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.



Progressions:

Inclined push ups off counter or step

Prone push ups from knees

Prone push ups from toes

4 Horizontal abduction to forehead



Sets: 1 Reps: 5 Freq: 3 X week

Lay down on your back with your knees bent and your feet flat, holding a band in both hands over your chest.

Keeping your elbows straight, pull the band to your forehead by bringing your arms down to the sides toward the floor.

Come back to the starting position and repeat the exercise.



Alternate:

Do one arm at a time, keep the anchor arm straight and pointing up to the ceiling

5 Sash exercise



Sets: 1 Reps: 5 Freq: 3 X week

Lie down on your back with your knees bent and feet flat.

Hold a resistance band on your opposite hip and grab it with the working hand, palm down.

Pull the band overhead across your body as if you were pulling out a sword.

Rotate the arm as you lift to externally rotate the shoulder so your thumb will be facing the floor in the end position.

Return slowly to the starting position and repeat.

Progressions:

Do the exercise in standing, stand against a wall to give yourself feedback to keep your spine straight

Increase the resistance of the band

6 Arm rotation



Sets: 1 Reps: 5 Freq: 3 X week

Lie on your back with your arms bent at 90 ° and hold both ends of a band in your hands. Pull the band's end of the affected side sideways, without moving the elbow. Then, come back to the center slowly making sure the movement on the return is controlled.

7 Elbow flexion with weight

Sets: 1 Reps: 5 Freq: 3 X week

Standing with your arm against your side and the palm facing inward, bend your elbow upward turning the palm up as you progress.

Lower slowly to the starting position and repeat.



8 Elbow extension with weight

Sets: 2 Reps: 10 Weight: 1 lb Freq: 3 X week

Lie on your back with a weight in your hand. Raise and extend your arm over your shoulder, holding the elbow with the other hand.

Slowly lower your hand towards your head by bending the elbow.

Make sure to keep the upper arm perpendicular to the floor.

Extend the elbow and repeat.



9 Wrist extension

Sets: 1 Reps: 5-8 Freq: 3 X week

Place your forearm along an armrest or table with your wrist hanging over the edge and palm facing down.

With a weight in your hand, lift the hand towards the ceiling.

Lower slowly and repeat.



10 Wrist flexion

Sets: 1 Reps: 5-8 Freq: 3 X week

Place your forearm along an armrest or table with wrist hanging over the edge and palm facing up.

With a weight in your hand, lift the hand towards the ceiling.

Lower slowly and repeat.

