



**Seated External Rotations**

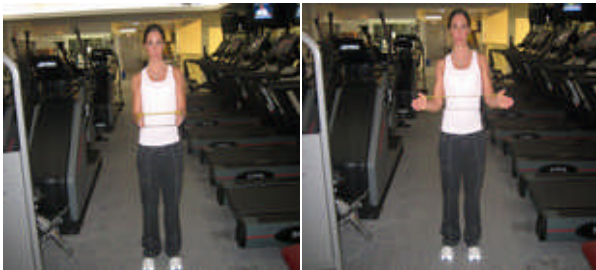
Begin seated on the floor with one knee bent. Place elbow on inside of bent knee. Then externally rotate shoulder within comfort level. Keep motion slow and pin shoulders down and back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- A.T.
- F.T.



**2 Arm External Rotation w/ Band**

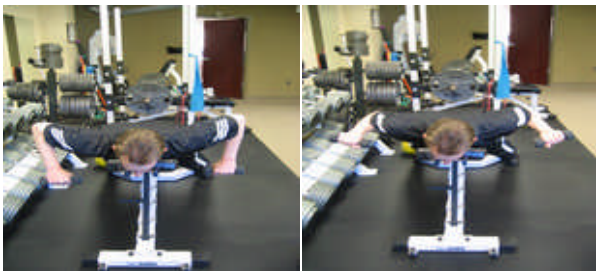
place theraloop around both hands  
keep elbows in and bent 90 degrees  
rotate hands away from each other with no elbow or wrist movement

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- A.T.
- F.T.



**Field Goals**

Place dyna disc under chest and have arms hang relaxed.  
Actively retract shoulder blades.  
Extend the elbow to 90 degrees. The elbows should be flexed to 90 degrees.  
While remaining scapular retraction, externally rotate the shoulders to 90 degrees.  
Then depress the shoulders.  
To strengthen the external rotators of the shoulder.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

- AT
- GF
- FT
- ST