



Side raise

Feet about shoulder width
Hold dumbbell along side thigh keeping hands in neutral position and thumbs up.
raise to 90 degrees

Notes:

- S.T.
- A.T.
- G.F.
- ADL

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



Bent Over Fly

Stand bent forward with dumbbells in each hand
Bring dumbbells out to the side, keeping elbows bent.
Then return to start

Notes:

- S.T.
- G.F.
- A.T.

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



DB Press on Gymball

sit on ball and press dumbbells over head
keep spine neutral
shoulders should be down and chest out

Notes:

- S.T.
- G.F.

front deltoid

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



REP

Stand with feet shoulder width apart chest and head up
Retract shoulder blade
perform External rotation and the Press stright up

Notes:

All Except Power

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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



Arnold Presses

Start with hands at shoulder height
press weight overhead
return to starting position
do not shrug shoulders or lean back

Notes:

- ST
- AT
- GF

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



One Arm Overhead DB Squat

Perform squat keeping DB overhead and shoulder depressed. Keep a neutral spine and braced core.

Notes:

- ST
- AT
- ADL

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