**CORE EXCERCISES**:

Side Plank Raise:

3-6 Sets at 30 seconds each

Quadraped: Opposite arm & leg out on knees

6 Sets holding for 30 seconds

Chair Pelvic Tilt & Crunch: Use chair, lay on floor with legs bent on chair, crunch up to left down, middle down, right down, go 6” beyond knees & hold for 2 seconds

**SCAPULAR MUSCLE EXCERCISES:**

Hitch Hiker: lay on stomach, arms out with thumbs up and raise arms while squeezing scapular together

20 Reps for 3-6 Sets

Scapular Push Up: push up position with arms straight and elbows slightly bent, lower chest to ground only about 3-4”

20-30 Reps for 3-6 Sets

Isolated Shrug: With a hand weight, knee on bench with opposite arm and shrug shoulder

20 Reps for 3-6 Sets

The Swimmer: sit on chair or a ball, use 2 weights and swing arms front and back with palms up when in the back, you should feel it in your abs

**ROTATOR CUFF EXCERCISES:**

Ball on Wall: with a basketball have side to wall at 90 degrees , with arm straight out roll ball in palm of hand in all directions

3-6 Sets for 60 seconds per arm

Shake It Out: water bottle hold at 90 degrees with bent elbow and shake forward & back

6-10 Sets for 30 seconds each side

Internal/External Rotation: arm at side at 90 degrees, elbow locked at waist, move arm out an in

Drop & Catch: hold arm straight out parallel to floor with ball, drop ball 6” and catch then make circle with straight arm