

## SHOULDER 2/3 STRENGTH


### Exercise 1- FORWARD PUNCH

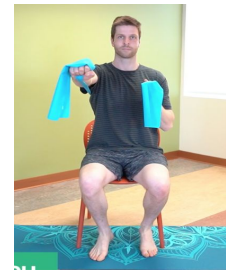
Reps: 8 | Sets: 2

Preparation:

- Seated or standing

Execution:

- Push arm forward as if punching the air (slow)
- ↑  with resistance bands/ cables




### Exercise 2- BICEP CURL

Reps: 8 | Sets: 2

Preparation:

- Seated or standing

Execution:

- Curl bicep while keeping shoulder as still as possible
- ↑  increase weight/ add resistance bands




### Exercise 3- LAT PULL

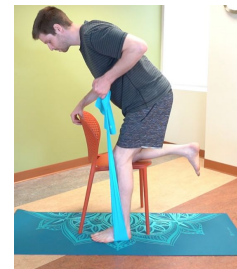
Reps: 8 | Sets: 2

Preparation:

- Leaning forward with support (chair)

Execution:

- Pull your arm up to your chest (engaging the shoulder blade)
- ↑  increase weight/ add resistance bands



### Exercise 2- EXTERNAL/ INTERNAL ROTATION

Reps: 8 | Sets: 2

Preparation:

- Seated or standing

Execution:

- Either internally or externally rotate shoulder against resistance
- NOTE: DO NOT push hard during this exercise (for activation purposes, not max strength)



