

STEP 1



STEP 2



Supine Bridge

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

STEP 1



STEP 2



Clamshell

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

STEP 1



STEP 2



Standard Plank

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin lying on your front, propped up on your elbows.

Movement

Engage your abdominal muscles and lift your hips and legs up into a plank position, keeping your elbows directly under your shoulders. Hold this position.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise.

STEP 1



STEP 2



STEP 3



Quadruped Alternating Arm Lift

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin on all fours with your arms under your shoulders and knees under your hips.

Movement

Raise one arm forward with your thumb pointing toward the ceiling. Hold briefly, then lower it back to the starting position and repeat with your opposite arm.

Tip

Make sure to keep your back straight and maintain a gentle chin tuck during the exercise. Do not let your trunk rotate while moving your arm.

STEP 1



STEP 2



Shoulder External Rotation and Scapular Retraction with Resistance

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in an upright standing position with your arms by your sides, holding a resistance band in both hands. Bend your elbows to approximately 90 degrees with your palms up.

Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position.

Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

STEP 1



STEP 2



Standing Shoulder Horizontal Abduction with Resistance

REPS: 10 | SETS: 3 | HOLD: 5

Setup

Begin in a standing position holding a resistance band in each hand with your arms straight in front of your body and fists facing the floor.

Movement

Pull your hands apart until they are directly to your sides, then return to the starting position and repeat.

Tip

Make sure to keep your arms level and think of squeezing your shoulder blades together as you pull the band. Maintain good posture during the exercise and avoid shrugging your shoulders.