

Shoulder Strengthening - Dumbbell

Shoulder Flexion - Full Range (Dumbbell)

Sets: 2 - 3 | Reps: 10 - 15 | Load: 1 - 5 Kgs | Hold: 5 Sec |
Rest: 1 - 2 Sec



Start Position



Raise arm overhead

Preparation:

- Sit tall holding weight in hand

Execution:

- Lift arm forward all the way up above your head
- Keep elbow straight

Shoulder Extension (Dumbbell)

Sets: 2 - 3 | Reps: 10 - 15 | Load: 1 - 5 Kgs | Hold: 5 Sec |
Rest: 1- 2 Sec



Start Position



Bring hand backwards

Preparation:

- Sit tall holding a weight in your hand

Execution:

- Bring weight backwards keeping your elbow straight

Shoulder Abduction Concentric (Full Range - Dumbbell)

Sets: 2 - 3 | Reps: 10 - 15 | Load: 1 - 5 Kgs | Hold: 5 Sec |
Rest: 1 - 2 Sec



Start position



*Raise weight out
to side...*



...and overhead

Preparation:

- Stand tall.
- Hold a free weight by your hip.

Execution:

- Raise arm straight out to the side.
- Raise up all the way.
- Return to the start position with control.

Shoulder IR / ER | 90° Abduction (Dumbbell)

Sets: 2 - 3 | Reps: 10 - 15 | Load: 1 - 5 Kgs | Hold: 5 Sec |
Rest: 1 Sec | Frequency: 4 - 5 / Week



Start position



*Rotate hand up
toward the
ceiling...*



*...then down
toward the floor*



*Keep elbow in
contact with the
floor*



Preparation:

- Lie on back with arm to side, elbow bent

Execution:

- Rotate hand up toward the ceiling, then down toward the floor
- Keep elbow in contact with the floor