

**YOUR DVD CODE: 247 - 538 - 199 - 955 - 976**

**1: 247 - Side-Lying External Rotation with Resistance**



- Lie on side with head supported by pillow or hand
- Bend top elbow, place a towel under elbow, and hold weight in hand
- Keep elbow bent and against side of body while raising hand toward ceiling

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

**2: 538 - Side-Lying Internal Rotation with Resistance**



- Lie on side with head supported by pillow
- Bend bottom elbow and hold weight in hand
- Keep elbow bent and on the floor while bringing hand toward body

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

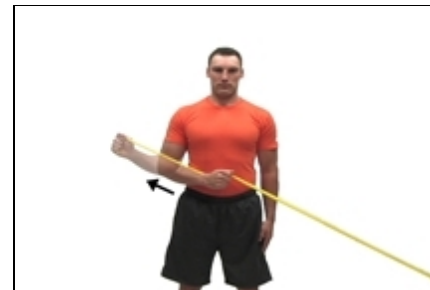
**3: 199 - Posture: Double Arm Rows**



- Stand with correct posture and belly button pulled in
- Hold band with one end in each hand
- Slowly pull band toward chest and squeeze shoulder blades together

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

**4: 955 - Resisted External Rotation with Band**



- Anchor band to side of body
- Hold band with outside arm
- Keeping elbow bent
- Rotate hand outward against resistance

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both

**5: 976 - Resisted Internal Rotation with Band**



- Anchor band to side of body
- Hold band with inside arm
- Keeping elbow bent
- Rotate arm inward against resistance

Sets: 2 Reps: 10 Sessions: 2 Everyday Resistance: As Tolerated Hold Time: 2s Side: both