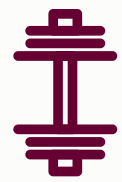




Home Shoulder Workout



15 MINUTES | No Equipment

ACTIVITY	TIME	NOTES
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EXERCISE 1	Pike Press	8 repetitions	Tuck elbows backward
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Perform the pike press for eight reps. Rest for 20 seconds and repeat for a total of three rounds.

EXERCISE 2	Plank To Down Dog	10 repetitions	Really push on the down dog
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EXERCISE 3	Towel Lat Raise	10/side	Really lean and place weight into the forearm
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EXERCISE 4	Body Saw	25 seconds	Don't let the low back arch
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Perform the exercises back to back. Rest 30 seconds after the curls & repeat for a total of 3 rounds

EXERCISE 5	Plank With Shoulder Tap	30 seconds	Don't twist hips.
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EXERCISE 6	I-Y-T	6 reps/letter	Move through back of shoulders
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Perform the exercises back to back. Rest 15 seconds after the curls & repeat for a total of 2 rounds

