

## Warm-Up Exercises 1-8

### Exercise 1: Forward-backward arm swings (underarm) - 12 reps

Start with both arms down by your sides. Keeping both arms straight and with minimal body movement, swing them both together with one arm going forwards and the other arm going backwards until both are horizontal. Then swing them back to be in the opposite position. These are big arm swings with some shoulder movement. Do this whole movement 12 times.



### Exercise 2: Alternate overhead arm swings with trunk rotation - 5 reps

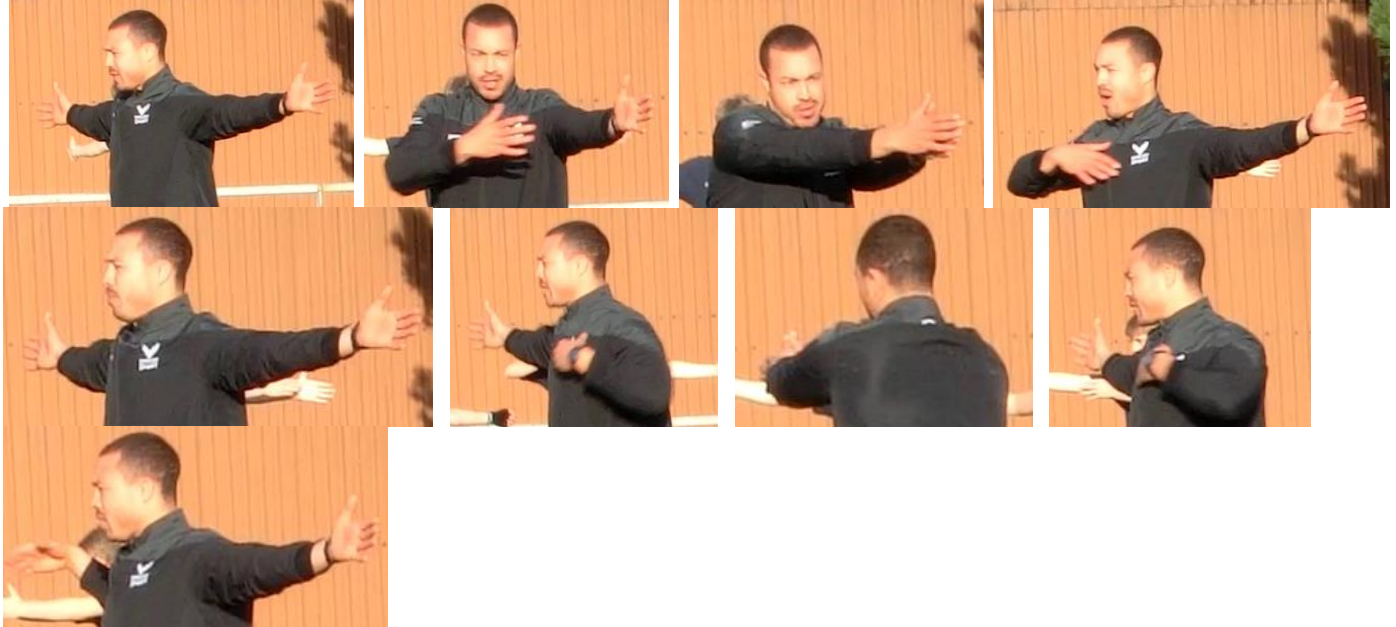
Keeping both arms straight, start with both hands above the head, then turn the chest to one side and swing the arm both down in opposite directions until both arms are horizontal, with one arm forwards and one arm backwards to get good shoulder alignment. Swing arms back to the start position, then turn the chest in the opposite direction and repeat the arm movement. Keep the thumbs pointing upwards. Do this whole movement 5 times.



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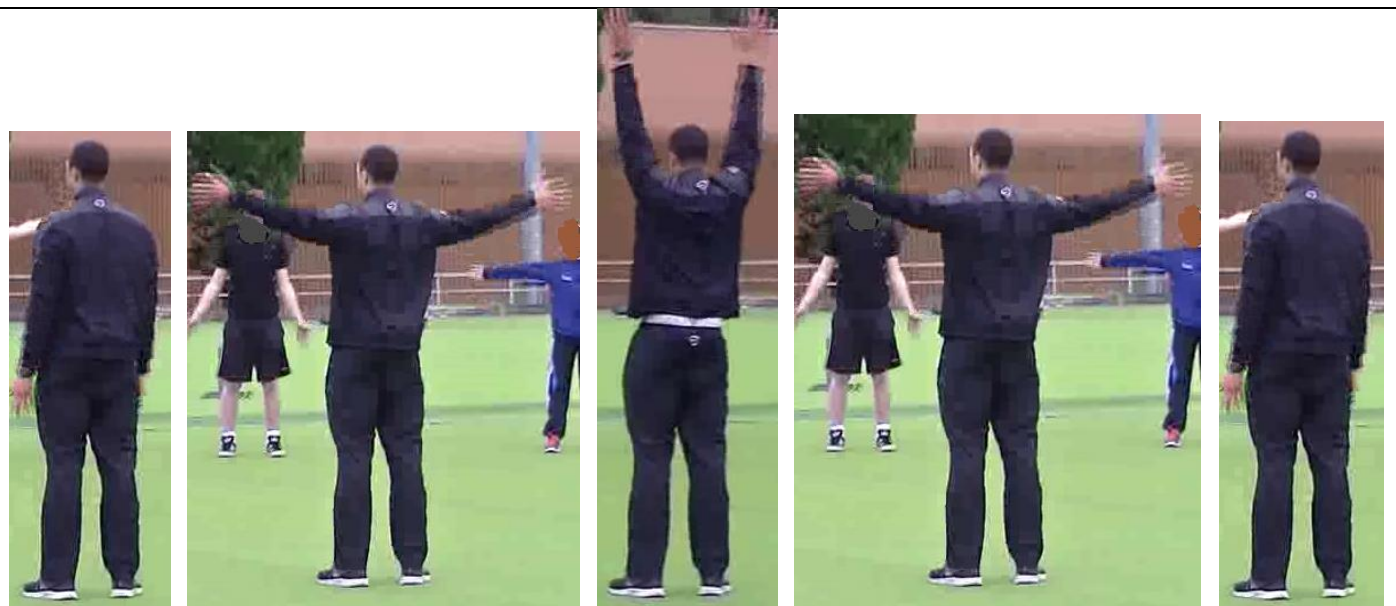
### Exercise 3: Crucifix hand reaches - 5 Reps

Start with both arms horizontal and out to the side and legs slightly apart. Then bend one arm across the body and run the hand along the other arm and out to the opposite hand's fingertips. Run it back along the arm and back to the start position. Repeat the movement on the opposite side. Do this whole movement 5 times.



### Exercise 4: Full lateral raises - 5 reps

Start with the arms down at the sides and legs slightly apart. Then keeping the arms straight, swing them out to the sides and up to above the head and reach up to the sky with the arms and shoulders. Then swing them back to the start position. Do this whole movement 5 times.



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### Exercise 5: Crucifix alternate internal-external arm rotation - 6 reps

Start with the arms out to the sides and horizontal with the palms facing forwards. Then keeping the arms horizontal, twist each arm at the same time (and in opposite directions) such that one hand & arm rotates forwards and the other hand and arm rotates backwards as far as is comfortable. Then twist back in the opposite direction as far as is comfortable. Do this whole movement 6 times.



### Exercise 6: Alternate arm abducted internal-external rotation - 6 reps (both arms)

Position the arms out to the side with the elbows in line with the shoulders and the arms bent at right angles with the hands uppermost and facing forwards. Keeping the elbows at the same height, rotate one arm forwards to bring the hand and forearm to the horizontal. Keeping the elbows at the same height, rotate the arm back to the start position. Repeat the movement with the other arm. Do this whole movement 6 times.



### Exercise 7: Scapula position internal-external rotation - 6 reps

Position the arms out to the side with the elbows in line with the shoulders and the arms bent at right angles with the hands uppermost and facing forwards (same start position as for exercise 6). Then bring the elbows down squeezing the shoulder blades together to create a W formation with the arms. Keeping the elbows in the same position and shoulder blades slightly squeezed together, rotate both forearms towards the body to bring the hands onto the chest. Then rotate both arms together back to the start position. Do this whole movement 6 times.



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**Exercise 8: 4 point scapula protraction-retraction - 2 reps at each of 4 arm positions**

Position both arms horizontal out to the front with the hands facing each other. Then push forwards with both arms and shoulders to stretch the shoulders. Then keeping both arms straight, pull both arms and shoulders back as far as they will go to squeeze the shoulder blades together. Repeat this movement twice.

Then position both arms forwards pointing down at 45 degrees and repeat the arm and shoulder movement from the first position twice.

Then position both arms pointing upwards at 45 degrees and wide apart and repeat the arm and shoulder movement from the first position twice.

Then position both arms horizontal out to the front and repeat the arm and shoulder movement from the first position twice.

