

Seated Single Arm Shoulder Flexion with Dumbbells



Setup

Begin sitting in an upright position holding a dumbbell in one hand.

Movement

Slowly raise your arm in front of your body, with your elbow straight and thumb facing forward. Repeat this movement.

Tip

Make sure not to raise your arm above shoulder height, and try not to arch your back or shrug your shoulder during the exercise.

Seated Single Arm Shoulder Extension with Dumbbell



Setup

Begin sitting upright, holding a dumbbell in one hand.

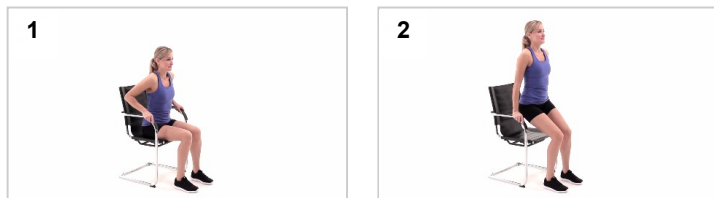
Movement

Bring the arm with the dumbbell down by your side, lean forward, and rest your other arm across your knees for support. Slowly raise the arm with the dumbbell backward as far as you can, keeping your elbow straight and palm facing inward. Then lower your arm back by your side and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

Seated Chair Push Ups



Setup

Begin sitting upright with your hands resting on the armrests of the chair.

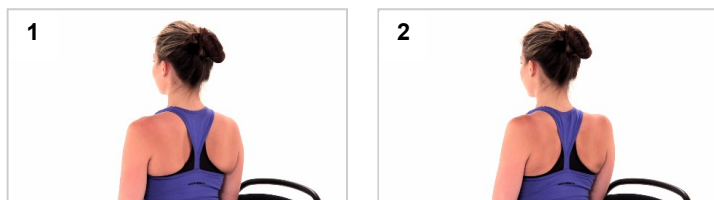
Movement

Straighten your arms, lifting your body off of the chair. Hold briefly, then lower back down and repeat.

Tip

Make sure to use a sturdy chair and use your legs to balance as needed. Do not shrug your shoulders during the exercise.

Seated Scapular Retraction



Setup

Begin sitting in an upright position.

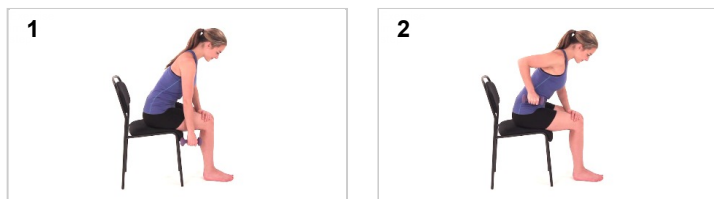
Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.

Seated Single Arm Bent Over Shoulder Row with Dumbbell



Setup

Begin sitting with your trunk bent forward and one arm hanging toward the floor, holding a dumbbell.

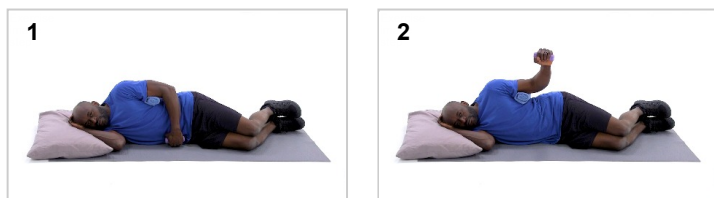
Movement

Pull your arm upward, bending at your elbow. Slowly lower your arm back down and repeat.

Tip

Make sure to keep your back straight during the exercise.

Sidelying Shoulder External Rotation with Dumbbell



Setup

Begin lying on your side with a towel roll under your upper arm and elbow bent at 90 degrees, holding a dumbbell in your hand. Place a pillow or towel roll under your head for support.

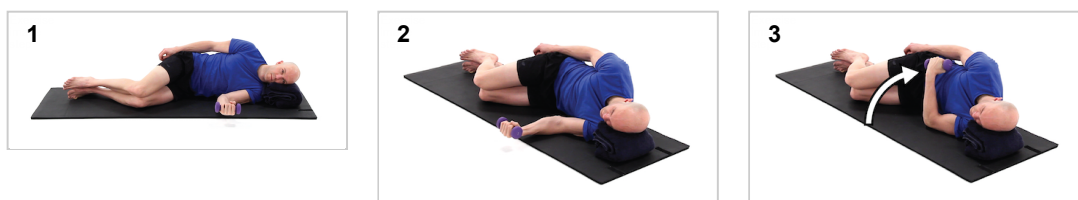
Movement

Rotate your arm upward, then return to the starting position and repeat.

Tip

Make sure to keep your elbow bent at a 90 degree angle and your arm tucked against the towel.

Sidelying Shoulder Internal Rotation with Dumbbell



Setup

Begin lying on your side with your lower arm bent at a 90 degree angle, holding a dumbbell.

Movement

Rotate your arm inward, raising the dumbbell toward your body.

Tip

Make sure to keep your elbow bent at a 90 degree angle.