

February Exercise of the Month

Rising Star

Integrated Shoulder & Core Exercise

Purpose: Strengthen shoulder stabilizers and core

Target Muscles: Rotator cuff, hip adductor/abductor, abdominal core

Assisting Muscles: Deltoid, biceps, triceps, glutes

Equipment Needed: Dumbbells (optional)

Start: Begin seated off to one side with the left hip and thigh resting on the floor, right leg extended out along the floor. Bend the left knee to position the left ankle underneath the extended right leg. Hold one dumbbell in the right hand with the elbow tucked in at the side, right forearm rests across the abdomen. Left palm presses down into the floor.

External Shoulder Rotation: Keep the upper right arm and elbow fixed in at your side as you slowly raise the dumbbell from the front of your body out to the side. Try to maintain a 90-degree angle at the elbow joint throughout this movement.

Rise Up & Press: With one swift movement, press your hips up off the ground and push the dumbbell straight up, extending the elbow from the fixed 90-degree position. The left hip, oblique, abdominal muscles and left shoulder stabilize your body in this elevated position. Pause, then slowly bring the elbow back to the side and lower the hips back down to the floor.

Repeat these movements as one combined rep to complete 8-12 reps on one side, then the next. Allow 30-60 seconds rest and repeat to achieve 2-3 sets total.



Modification

For a slightly easier alternative, perform this same exercise without weight. Work on the range of motion in the external rotation, and feel the infraspinatus (muscle that runs along the scapula) as the target muscle for that movement. Focus on improving stabilization across the shoulders, hips, and core.