Shoulder Exercises 20 Minute Protocol (Boys)

1. Cat Stretch with arms bent:
    - Begin in cat stretch.
    - Bent elbows and bring elbows close to your head.
    - Stretch through your shoulders rather than your back.
    - Use a partner to help you if needed.

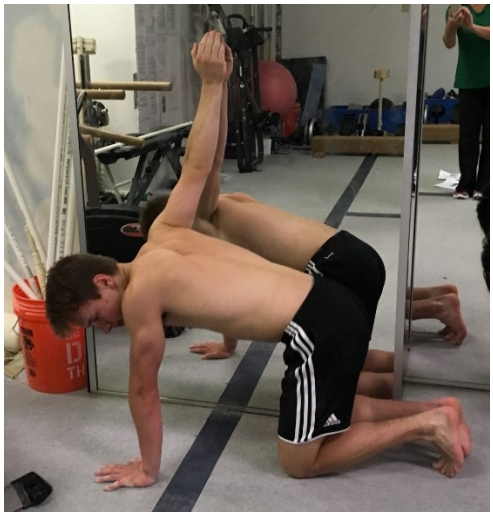
YES:

NO:

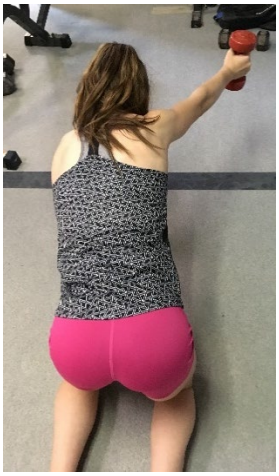
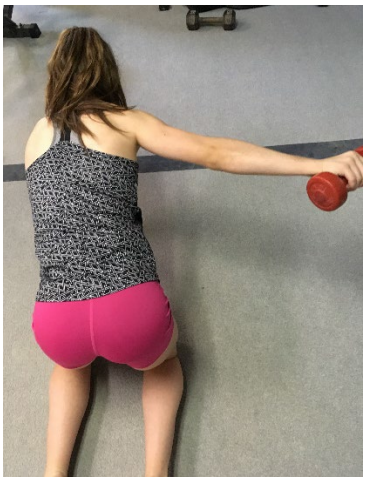
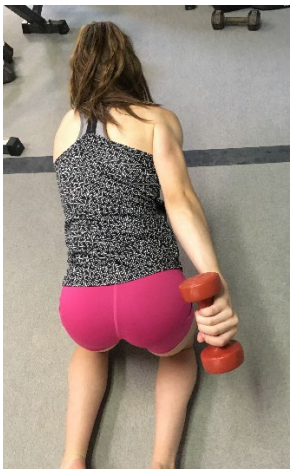
2. Shoulder and Thoracic Stretch over roller or Half Moon:
    - Place roller or half moon between your shoulder blades.
    - Keeping a pelvic tilt to prevent your back from arching, reach arms over your head and backward for stretch.

3. Crab Stretch:
    - Push up into a “crab position,” stretching the front of your shoulders.

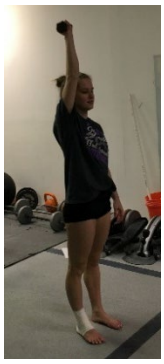
4. Abductor Stretch:
    - Start on your hands and knees with your side against a wall.
    - Place whole arm on wall with palm facing wall.
    - Push shoulder slightly downward toward floor and rotate your trunk away from the wall.

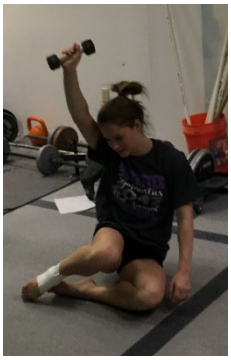


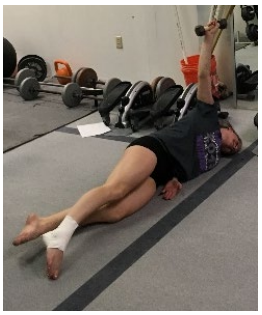
5. T's, Y's, and Straight lift on your hands and knees:
    - Begin on your hands and knees with a light weight in your hand.
    - Do a pelvic tilt.
    - Push your shoulder blades down toward your waist.
    - Lift the weight out to the side in a T.
    - Now lift the weight to the side and upward in a Y.
    - Lastly lift your arm straight backward by your side.

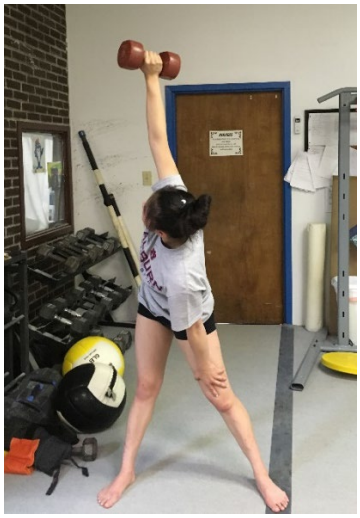
6. Overhead Weight Exercise standing to lying down: "Turkish Get Up"
    - Begin in standing.
    - Hold a light weight straight upward over your head for the entire exercise.
    - Move down to a half-kneeling position.
    - Now kneel on both knees.
    - Now move to side lying.
    - Now roll to back.
    - Roll back to side lying.
    - Move to kneeling.
    - Move to half-kneeling.
    - Rise to standing.







7. Overhead weight Exercise with a Twist:
    - Begin in standing.
    - Hold a light weight straight over your head.
    - While looking at your hand twist your shoulder inward.
    - Still looking at your hand twist your shoulder outward.



8. Slider Crawl:
    - Start in “push-up” position with elbows on ground.
    - Place slider under your feet.
    - Push yourself backward with your elbows while maintaining your hollow position.

9. “Shoulder Angel” Exercise:
    - Sit against a wall with elbows bent to 90 degrees and fingers pointing away from your head.
    - Do a pelvic tilt.
    - Squeeze your shoulder blades to bring arms closer to floor.
    - Now raise arms while breathing outward and maintaining both the pelvic tilt and shoulder blade squeeze.
    - Lower back to starting position as you breathe out.

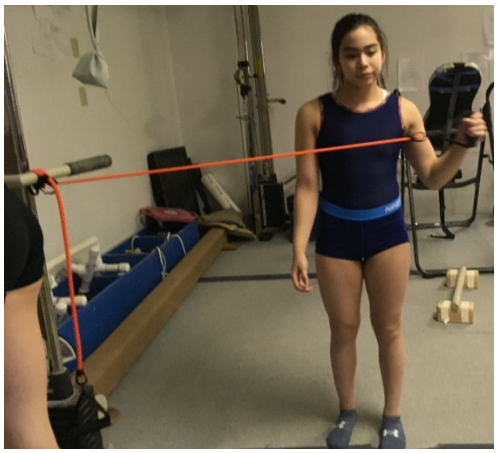
10. Reverse “Snow Angel”:
    Gymnast then lifts arms up to sky, around to side until reaching thigh, then out to the side and back to Parallet. (Reverse jumping jack position.)

11. Parallet Lift:
    - Place parallet on a panel mat.
    - Gymnast lies on stomach with arms outstretched grasping parallet.
    - Gymnast lifts parallet up toward sky as far as possible then slowly lowers back to panel mat.

12. Internal Rotation of the Shoulders:
    - Start with elbows at your sides, bent to 90 degrees.
    - Keeping your wrists in a neutral position "hug" yourself by pulling the theraband in toward your belly.

Boys: Lie on your side with elbow tucked in under you and rotate forearm toward belly using free weight.

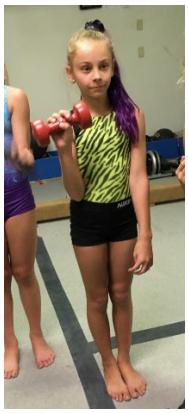
13. External Rotation of the Shoulders:
    - Hold a theraband taughtly between your two hands.
    - Start with your elbows at your side, bent to 90 degrees.
    - Pull the theraband outward away from your body then slowly bring back to starting point.



Boys: Lie on side with free weight. Keep elbow bent at side and rotate forearm upward using free weight.

14. Serratus Shrug:
    - Begin with your shoulders in a neatral poistion and hands on parallets.
    - Push hands into parallets and shrug shoulders "upward." (Shoulders push down in theopposite of a typical shrug.)

15. Biceps Curls:
    - Begin in standing with arm at side and weight in hand. Bend your elbow bringing hand toward chest in the following three grips:
    - Palm Up
    - Palm Down
    - Thumb Up



16. Eccentric pull-ups:
    - Begin in chin-up position on a bar. (You can climb up or step off a block,)
    - Slowly lower yourself from chin-up position to hanging straight.

17. Bosu push-ups:
    - Use the Bosu or porcupine balls to do push-ups:
    - Hands close together.
    - Hands at shoulder width.
    - Hands as far out to the side as you can manage.

18. Weighted lunges:
    - Begin in standing with weight in hand,
    - Extend arm so that your hand is straight up in the air.
    - Step and lunge forward keeping arm overhead alternating steps.
    - Take 5 steps forward and 5 steps backward,
    - Switch to other arm.