

## 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.

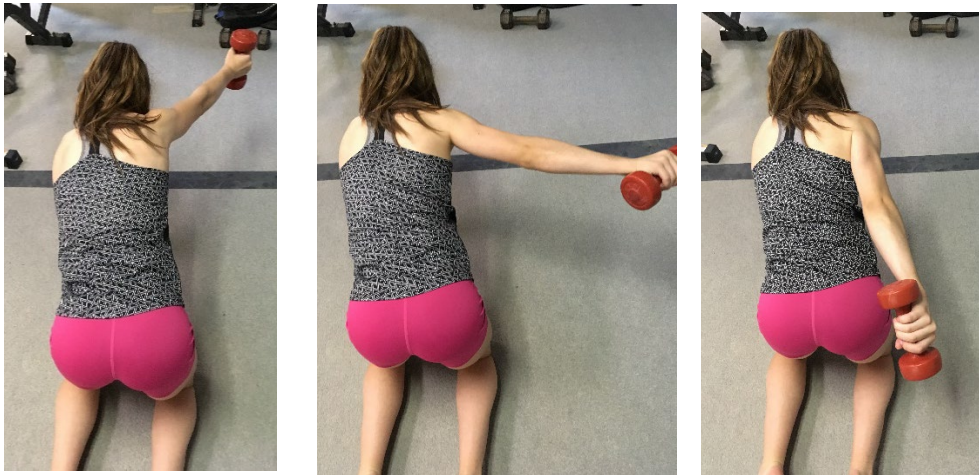


4. Abductor Stretch:

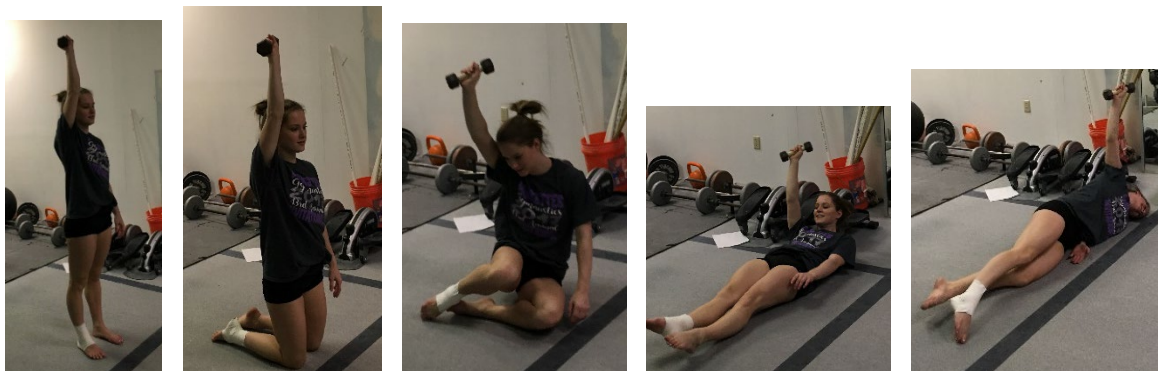
- Start on your hands and knees with your side against a wall.
- Place whole arm on wall with palm facing wall.
- Push shoulder slightly downward toward floor and rotate your trunk away from the wall.



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.

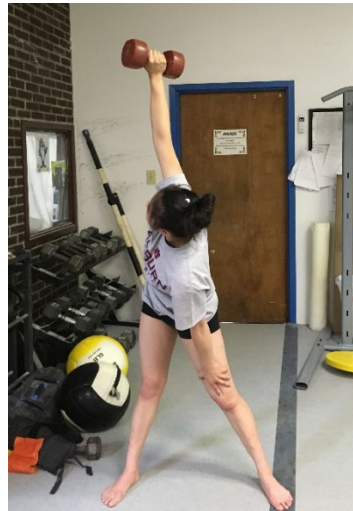


6. Overhead Weight Exercise standing to lying down: “Turkish Get Up”
- Begin in standing.
  - Hold a light weight straight upward over your head for the entire exercise.
  - Move down to a half-kneeling position.
  - Now kneel on both knees.
  - Now move to side lying.
  - Now roll to back.
  - Roll 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 Parallel. (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 taughly 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 neutral position and hands on parallets.
- Push hands into parallets and shrug shoulders “upward.” (Shoulders push down in the opposite 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.

