













ANATOMY	EXERCISE NAME	COACHING CUES	START POSITION	FINISH POSITION	COACHING COMMENTS	SETS/ REPS
Front Shoulder	Kneeling Push Up	Knees on floor, hands shoulder width and under shoulder			Lower upper body to floor and push up through floor until straight arms, no sagging of back.	3X 8-20
Trunk	Dead Bug - toe dips	Maintain neutral spine throughout movement, arms vertical, and legs at 90o.			Lower foot slowly to floor, touching ground, don't allow back to arch, perform with a continuous and slow rhythm and alternate legs.	3x 10-20
Trunk	Kneeling superman opposite arm/leg (hold)	4 point kneeling position, hands + knees shoulder width apart			Extend opposite arm/leg to horizontal and hold, maintain neutral back and balance. Perform with a continuous and slow rhythm.	3x 10-20 (3s hold)
Trunk	1/2 Side Plank (left and right)	Lying sideways, elbow directly under shoulder, place other hand on hip.			Raise hips with pivot around knee. Don't allow body to twist or drop, maintaining a straight plank position.	3x 15-45s
Posterior shoulder	I/T/W/V	Lying face down on bench, neutral head position			Retract scapulae, maintain neutral head, and create letters shown in images.	3x 5-10
Front Shoulder	Tricep Dip	Hands on edge of bench, legs slightly bent			Lower body to floor, keep back close to the bench, reach 90o at elbows and push through hands on bench.	3x 5-20