

FOLLOW ALONG
SHOULDER
ROUTINE

MOVEMENT	REPS
1. Cat Cow	5 reps
2. Supine Thoracic Circles (Right Side)	3 reps
3. Supine Thoracic Circles (Left Side)	3 reps
4. Tabletop Lifts	5 reps
5. Seated Shoulder Extension	30 sec
6. Thread The Needle (Right Side)	30 sec
7. Thread The Needle (Left Side)	30 sec
8. Kneeling Butchers Block	30 sec
Rest 30 sec	
9. Prone External Rotation Lifts	5 reps (5 sec)
10. Prone Butchers Block	45 sec
Rest 30 sec	
11. Prone Shoulder Flexion Lifts	5 reps (5 sec)
12. Kneeling Cat Stretch	45 sec
Rest 30 sec	
13. Kneeling Posture Stretch	30 sec