

## **Shoulder Stability**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.**

**Repeat for 3 sessions per week - Rest 1-2 minutes between sets and exercises**  
**Alternate between the Two Sessions**

## **Daily**

[Isometric – 5 sets up to 45 seconds in each position through the day](#)

### **Session One**

[Y Raise – 2 sets of 12](#)

[Monkey Shrugs – 2 sets of 8](#)

[Swimmers Hovers – 2-3 sets of 30-45 seconds](#)

[Wall Press Up – 3 sets of 8-12](#)

[Wall Angels – 3 sets of 8-12](#)

### **Session Two**

[Banded Work – Follow Instructions](#)

[External rotation work – 3 sets of 8-20 repetitions depending on exercise](#)

[Up and outs – 3 sets of 30 seconds maintaining tension](#)

[Tricep work – 3 sets of 30 second hold](#)

[Finger Press Ups – 3 sets of 8 repetitions](#)