

Shoulder Strength

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

Repeat for 2 sessions per week - Rest 1-2 minutes between sets and exercises

Alternate between the Two Sessions

When it comes to improving strength, resistance and loading is key. Find the appropriate weight or resistance to achieve the prescribed repetitions. Once you are able to achieve e.g 3 sets of 8, increase the weight and then do 3 sets of 5 or 6, slowly working your way back to 8 once more.

We don't want to do more than 8 repetitions at this point as this will become endurance training, and we wish to increase the strength of the muscles, tendons and connective tissue locally.

[External Rotation – Increase Weight for 3 sets of 6 repetitions, slow on the down phase](#)

[Overhead Press – Use a weight or resistance to do 3 sets of 6-8 reps, once achieved increase the resistance](#)

[3 x Banded Positions - Use a weight or resistance to do 3 sets of 6-8 reps, once achieved increase the resistance](#) – Progress to using Kettlebell or Dumbbell

[Alternating Row – 3 sets of 8 repetitions](#)

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