







**Shoulder Exercises for the Gym**

The key to strengthening your rotator cuff complex is proper technique! Start with low weight (2-5 lbs) and work towards completing 3 sets of 20 repetitions. Increase the weight when you can complete the 3 sets without breakdown of technique or creating pain/soreness during the activity or the next day. Do not exceed 20 lbs for any of the exercises below!

<b>Supraspinatus</b>		
Dumbbells	Stand with your feet hip distance apart. Use a light weight( $\leq 5$ lbs). With thumbs facing down, lift arm upward (inline with hip, approx 45°) with elbow slightly bent <u>not to exceed height of shoulder.</u>	
Cable	Stand with your feet hip distance apart and parallel to the cable. Use a light setting. Start the movement with your hand at your pubic symphysis, thumb facing the cable. Lift your arm outward, keeping your thumb down. Do not exceed the level of your shoulder.	
<b>Infraspinatus &amp; Teres Minor</b>		
Dumbbell	Stand with feet hip distance apart. Bring arm to a 90° from body, had fist facing up. Rotate your arm in front of you 180°(rotate your fist downward). Keep elbow bent at 90°.	
Cable	Stand perpendicular to the cable. Hold cable with hand furthest from the machine. Keep elbow bent 90° and rotate outward 45°	
<b>Rear Deltoid</b>		
Dumbbells	Sitting on a bench, bend at your waist. Use dumbbells in each hand. With palms facing down, lift arms backwards and squeeze your shoulder blades together. Hold for 2 seconds then relax.	
Seated Row	Sit up straight with shoulder blades tucked back. With a fluid motion, pull arms towards shoulders while keeping your elbows parallel with the ground. Squeeze your shoulder blades together.	

\*This website contains useful information on targeting specific muscle groups and tips on technique\*  
<http://www.exrx.net/Lists/Directory.html>