



Suggested Gymnastics Shoulder Exercises, Series 1

If you are having shoulder pain, seek medical guidance before starting any exercise program.

These exercises work the shoulders in positions that are common to gymnastics. **If exercises cause pain, discontinue immediately and seek medical guidance.**

Exercises should be always performed using good form. If form is breaking down, use a lighter weight or do fewer repetitions.

Exercise	Sets x Repetitions	Comments
Prone: Horiz. Abd (palm down), Extension, Flexion (Y), Horiz. Abd (thumb up)	Weight: 1-5 lbs 3x10 ea	Do 1 arm at a time with arm hanging off edge of surface
Sidelying: Shldr ER with arm at side	Weight: 1-5 lbs 3 sec hold x20	Place a towel roll between arm and body
Prone on floor: arms overhead active flexion	3 sec hold 2x10; Do 2 nd set starting with arm elevated (place object under your wrist about 1 fist height)	Lie on stomach with forehead on floor; have arms in overhead position with thumb up; squeeze lower trap and lift arm off floor
Serratus punch	Weight: 10-20 lbs 2x15	Lie on your back, arms at 90 deg flexion, "punch" toward ceiling
Ball circles on wall: do with shoulder in flexion and then in abduction	4-8 lbs ball X20 ea Clockwise/Counterclockwise	Stand facing wall with arm at 90 degrees: push ball into wall, then roll in circles Do one set facing wall, so another set sideways
Tap ball on wall in ¼ arc	2x10	Use tennis ball or small weighted ball to tap ball on a wall from 90 degrees to 180 degrees overhead
Lift ball off wall from 3 positions	X10 ea	Stand facing wall with arm overhead: Squeeze shoulder blade to lift off wall, then do at 2 O'clock position (for R arm), then at 90/90 position
Clock touches with looped band	8x each position (3 positions: R arm: 1 O'clock, 3 O'clock, 5 O'clock; L arm: 11, 9, 7 O'clock)	Stand facing wall with forearms on wall-band around hands; keep tension on band at all times. Touch each position.
B shoulder: High row, ER at 90/90, Overhead press	Black band 2x15	Stand with looped band around feet and gripping band. Pull straight up until hands reach chest height, externally rotate arms, then press overhead (aka Band Cuban Press)
Shoulder 4 way Overhead with band	X20 ea (1 arm at a time)	Attach band approx. shoulder/head height: Start facing band

		attachment: Pull into flexion (overhead) at moderate pace; then do ¼ turn to pull sideways, etc
Plank with forearms on exercise ball: move arms out/in, then R/L	2x10-15 reps	Keep abs tight- only move arms as much as you can control
Supine on foam roller: B shldr stretch: I, Y, T	5-10 sec hold x10 ea	
Shoulder/Lat stretch with PVC pipe- kneeling with arms on spotting block	10 sec hold x5	Kneeling facing block: upper arms/elbows on block- stretch shoulders-push chest toward floor; then bend elbows holding onto PVC pipe