



Suggested Gymnastics Shoulder Exercises, Series 2

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
Sleeper stretch	10 sec hold x10	Lie on side with bottom arm in 90/90 position: pull forearm down toward floor with opposite arm
TheraBand: High row, External rotation (90/90), Overhead press	2 sets of 15 reps	Standing facing band attachment point with band at chest to head height: Perform row with elbows out to the side, then externally rotate with elbow and shoulders at 90 degrees, then press overhead
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
Serratus punch	10-20# dumbbells 2 sets of 20 reps	Lie on your back on the floor: Shoulder is at 90 deg flexion: keep elbow straight and “punch” toward ceiling (slowly)
Shoulder clock touches with looped band	10x 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
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
Ball circles on wall: do in flexion and abduction	4-8 lbs ball X20 ea Clockwise/Counterclockwise	Stand facing wall with arm at 90 deg: push ball into wall, then roll in circles Do one set facing wall, do another facing sideways
B shoulder I, Y, T on Physio “swiss” ball	1-5# dumbbells 2x10 ea	Lie on physio ball with feet on ground: exercise is to be done bilaterally