



Angie Ross



Help prevent injury by strengthening the intrinsic muscles that hold your shoulder capsule together.

Intensity

Reps: 10

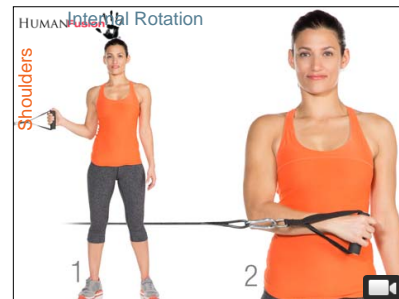
Sets: 1 set per exercise

Load: CHALLENGING weight

Rest: 60 seconds between sets

For each exercise, perform 1 set of 10 repetitions, resting 60 seconds between sets.

Use a challenging weight that allows you to complete all reps. If the weight is too easy, slightly increase it. If its too hard, slightly decrease it.



- 1 - Stand upright holding a cable out to the side with your elbow at 90 degrees and your upper arm against your side.
- 2 - Pull the cable across your mid-section, keeping your elbow at 90 degrees and your upper arm against your side.
- Complete all reps on one side before switching to the other side.

Equipment Sub: Tubing

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie on your side propped up on one arm holding a dumbbell in the other hand with your elbow bent at 90 degree and your forearm across your midsection.
- 2 - Raise the dumbbell up and away from your body, rotating at the shoulder and keeping your elbow at 90 degrees with your upper arm against your side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Lie face down on an incline bench with dumbbells hanging at your sides, arms straight and your palms facing back.
- 2 - Lift the dumbbells up to where your upper arms are parallel to the floor, elbows out to your sides.
- 3 - Rotate at the shoulders, raising the dumbbells forward and up until your palms face the floor.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Stand upright holding a handle at one side in the opposite hand with the arm across your body at waist height.
- 2 - Raise the handle diagonally up and across your body, keeping your arms straight.
- Finish with arm fully extended up over the shoulder.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Grasp the bar using a shoulder-width grip with your arms extended straight overhead.
- 2 - Pull your shoulder blades down as far as you can, keeping your arms straight.
- Stay upright and do not sway back and forth.

Equipment Sub: Tubing

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Sit upright holding the handle using a wide grip with your arms straight out in front and your back flat.
- 2 - Pull your shoulder blades together as much as you can, keeping your arms straight.
- Remain upright throughout and do not sway back and forth.

Equipment Sub: Tubing

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- 1 - Stand upright holding the dumbbells at your thighs with your arms straight and palms facing back.
- 2 - Raise the dumbbells up and out in front to shoulder height at a 45 degree angle, keeping your arms straight.
- The movement is half way between a front raise and a lateral raise.

Equipment Sub: Plates

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



My HumanFusion Workout

Rotator Cuff: Workout 1



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1 - Lie face down on an incline bench holding dumbbells at your sides, arms straight and palms facing in.
2 - Lift the dumbbells up and outward to shoulder height, keeping your arms straight.
• Lower the dumbbells back down to the start position again with your arms straight.
Equipment Sub: Plates

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			