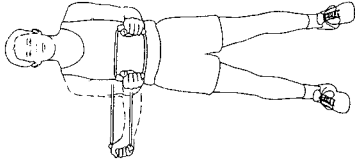


West County Sports Fitness & Rehabilitation
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Phone: 314-997-8700

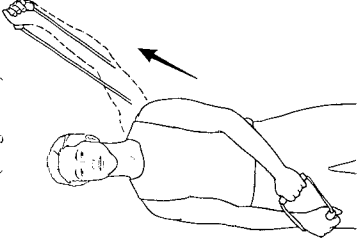
TUBING LOOP - 15 Shoulder Rotation: External (Single Arm)



In shoulder width stance, anchor tubing, thumbs up and elbows bent to 90°. Rotate arms outward, upper arms against side.

Repeat 15 times per set.
Do 1-3 sets per session.
Do 4 sessions per week.

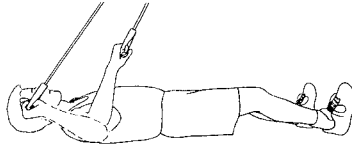
TUBING LOOP - 11 Raise: Forward (Single Arm)



In shoulder width stance, anchor tubing at thigh. Other hand palm down, raise arm, keeping elbow straight.

Repeat 15 times per set.
Repeat with other arm.
Do 1-3 sets per session.
Do 4 sessions per week.

SHOULDER / UPPER BACK - 19 Rotation: External in Abduction (Single Arm)

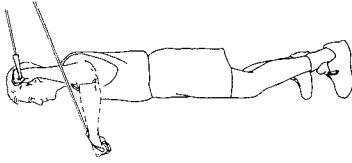


Face anchor in shoulder width stance with elbow bent at 90°. forearm in front. Palm down, pull forearm up.

Repeat 15 times per set.
Repeat with other arm.
Do 1-3 sets per session.
Do 4 sessions per week.

Anchor Height: Waist

SHOULDER / UPPER BACK - 23 Rotation: Internal in Abduction (Single Arm)

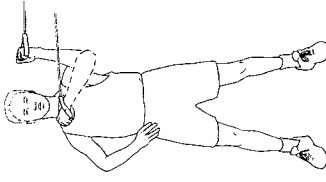


Face away from anchor in shoulder width stance. Bend elbow to 90°, forearm up, arm out to side. Palm forward, pull forearm down, keeping elbow bent.

Repeat 15 times per set.
Repeat with other arm.
Do 1-3 sets per session.
Do 4 sessions per week.

Anchor Height: Over Head

SHOULDER / UPPER BACK - 22 Rotation: Internal in Flexion (Single Arm)

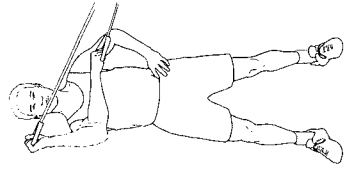


Side toward anchor in shoulder width stance, bend elbow to 90°. forearm up, arm in front. Pain in, pull forearm down, keeping elbow bent.

Repeat 15 times per set.
Repeat with other arm.
Do 1-3 sets per session.
Do 4 sessions per week.

Anchor Height: Head

SHOULDER / UPPER BACK - 18 Rotation: External in Flexion (Single Arm)

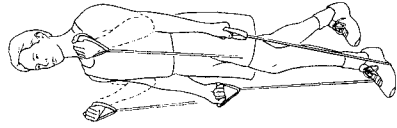


Side toward anchor in shoulder width stance with elbow bent at 90°. arm across body. Palm down, pull forearm up, keeping elbow bent.

Repeat 15 times per set.
Repeat with other arm.
Do 1-3 sets per session.
Do 4 sessions per week.

Anchor Height: Waist

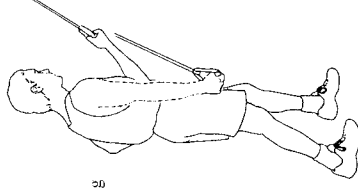
BICEPS - 1 Curl: Standing



Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat 15 times per set.
Do 1-3 sets per session.
Do 4 sessions per week.

TRICEPS - 2 Press: Standing - Supination (Single Arm)



Face anchor in slight stride stance. Palm up, straighten arm, maintaining hand position.

Repeat 15 times per set.
Repeat with other arm.
Do 1-3 sets per session.
Do 4 sessions per week.

Anchor Height: Over Head