

# Upper Body/ Core Strengthening Program



## INTERNAL ROTATION - 90/90 - FREE WEIGHTS

Begin by holding free weights with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed forward in the beginning position as shown.

## EXTERNAL ROTATION - 90/90 - FREE WEIGHTS

Begin by holding free weights with your arm up at 90 degrees away from your side and elbow bent to 90 degrees. Your forearm should be directed forward in the beginning position as shown.

Next, roll your shoulder back so that your forearm is directed upward. Then, return to original position.

Maintain your shoulder blade in a retracted and downward position the entire time.



**FINISH WEIGHT - CHEST PRESS**

Lower your back and your elbows back. Next, slowly raise your arms towards the ceiling while extending your elbows straight up above your head.



**BENT OVER ROW**

While standing, bend over and support your back with your outstretched arms. With your affected arm standing at your side, draw the power arm up to bend your elbow.



**BICEP CURLS**

While standing, your elbow stays up your hand by bent at the elbow. Keep your palm face up the entire time.



1. Lie prone on the floor with your arms extended forward and your hands resting on the floor.  
 2. Lift your arms and torso, forming a 'T' shape over the ball.  
 3. Hold for 10-15 seconds.  
 4. Return to the starting position.  
 5. Repeat 10-15 times.



**PRONE T-OVER EXERCISE BALL**  
 Lie face down on an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position.



**PRONE T AND THORACIC EXTENSION OVER EXERCISE BALL**  
 Lie face down on an exercise ball with your elbows straight. Slowly raise your arms and chest upward and return to original position.



**EXERCISE 1: BALL STABILIZATION**

This exercise is designed to improve core stability and balance. It involves stabilizing the body on a large exercise ball while in a quadrupedal position. The goal is to maintain a neutral spine and engage the core muscles throughout the movement.



**EXERCISE 2: BIRD-DOG**

The bird-dog exercise is a classic core stability drill. It challenges the body to maintain a balanced, neutral spine while extending opposite limbs. This helps to strengthen the deep core muscles and improve proprioception.



**EXERCISE 3: FOREARM PLANK**

The forearm plank is a fundamental core exercise. It requires the body to hold a static, horizontal position supported by the forearms. This exercise is excellent for building endurance and strength in the abdominal and lower back muscles.



**FRONT PLANK**  
 While lying on your stomach, lift your body up on your elbows and feet. Try and maintain a straight spine.



**LATERAL PLANK**  
 While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.



**EXERCISE BALL - FLOOR BRIDGE**  
 While lying on the floor, place an exercise ball under your lower legs and then raise up your buttocks.