



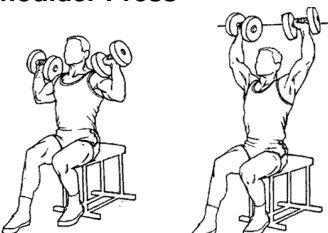
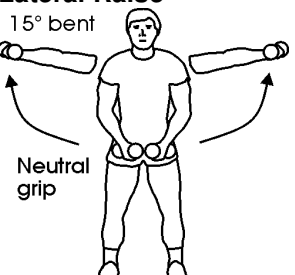
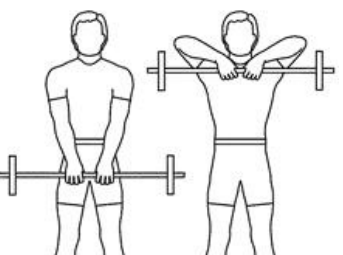
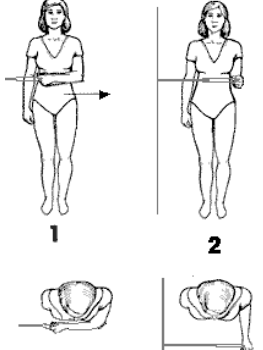
# Healthy Habits Exercise Series

## Week 8: Shoulders

### Importance of Shoulder Strengthening

The shoulder is the most moveable and unstable joint in the body. Known as the ball-in-socket joint, the "ball" larger than the socket, which is why it is susceptible to injury. To remain stable, it must be kept in place by muscles, ligaments, and tendons. Therefore, it is very important to ensure proper strengthening to keep the shoulder strong, flexible, more coordinated, and conditioned to handle stress.

### Shoulder Exercises

<p><b>Shoulder Press</b></p> 	<p>Position dumbbells to each side of shoulders with elbows below wrists.</p> <p>Press dumbbells upward until arms are extended overhead. Lower to sides of shoulders and repeat.</p>
<p><b>Lateral Raise</b> 15° bent</p> 	<p>Grasp dumbbells in front of thighs with elbows slightly bent. Bend over slightly with hips and knees bent slightly.</p> <p>Raise upper arms to sides until elbows are shoulder height. Maintain elbows' height above or equal to wrists. Lower and repeat. Maintain slight bend through elbows (10° to 30° angle) throughout movement. At top of movement, elbows (not necessarily dumbbells) should be directly lateral to shoulders since elbows are slightly bent forward.</p>
<p><b>Upright row</b></p> 	<p>Grasp bar with shoulder width or slightly narrower overhand grip (palms facing down).</p> <p>Pull bar to neck with elbows leading. Allow wrists to flex as bar rises.</p> <p>Lower and repeat.</p>
<p><b>Internal Rotation</b></p> 	<p>Stand holding the band with your inside hand. Thumb is up and the elbow is flexed at 90°. The arm is rotated away from the body. Keep the elbow fixed at 90° and the elbow pinned to the side. □ Rotate your arm <i>inward</i> (towards stomach) under control while keeping your torso fixed. Rotate the arm outward back to the beginning position under control.</p> <p><b>External Rotation:</b> Rotate your arm <i>outward</i> (away from body) under control while keeping your torso fixed. Rotate the arm inward back to the beginning position under control</p>

Resource: <http://www.sparkpeople.com>, <http://www.exrx.net/Exercise.html>