



ISOMETRIC EXTERNAL ROTATION

Gently press your hand into a wall using the back side of your hand. Maintain a bent elbow the entire time.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



ISOMETRIC FLEXION

Gently push your fist forward into a wall with your elbow bent.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



ISOMETRIC INTERNAL ROTATION

Gently press your hand into a wall using the palm side of your hand. Maintain a bent elbow the entire time.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



ISOMETRIC EXTENSION

Gently push your a bent elbow back into a wall.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



ISOMETRIC ABDUCTION

Gently push your elbow out to the side into a wall with your elbow bent.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



ISOMETRIC ADDUCTION

Gently push your elbow into the side of your body.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day