



Rotator Cuff Workout

Perform this rotator cuff workout two-three times a week to strengthen your shoulders.

Workout



Dumbbell Shoulder External Rotation -- Side Lying

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12			Slow	1 min		

Description

- ⌘ Lying on your side, hold the dumbbell in the hand that's on the top, with the elbow bent at 90 degrees.
- ⌘ Keeping the elbow bent, rotate your arm so that the dumbbell moves up across your chest and toward the ceiling.
- ⌘ Return slowly to the start position.

ProTip

- ⌘ Keep your body in one position (try not to lean back or forward)

Mistakes

- ⌘ Twisting the body



EQUIPMENT

- ⌘ Dumbbells



Band Shoulder Internal Rotation -- Standing

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12			Slow	1 min		

Description

- ⌘ Secure one end of the band and hold the other end in one hand while standing.
- ⌘ Stand sideways, with the resisted hand on the same side to the Band's attachment point.
- ⌘ With your elbow bent to 90 degrees, start with the hand away from the body.
- ⌘ Rotate your arm so that the hand moves into the body, and then return to the start position.

ProTip

- ⌘ Keep your chest up and your shoulders down

Mistakes

- ⌘ Hunching
- ⌘ Twisting the body



EQUIPMENT

- ⌘ Elastic Band



Band Shoulder External Rotation -- Standing

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
1	20			Slow			

Description

- ⌘ Secure one end of the band and hold the other end in one hand while standing.
- ⌘ Stand sideways, with the resisted hand opposite to the band's attachment point.
- ⌘ With your elbow bent to 90 degrees, start with the hand close into the body.
- ⌘ Rotate your arm so that the hand moves away from the body, and then return to the start position.

ProTip

- ⌘ Keep your torso straight and tall

Mistakes

- ⌘ Hunching
- ⌘ Arching
- ⌘ Twisting the body



EQUIPMENT

- ⌘ Elastic Band



Band Shoulder Abduction -- Standing

SETS	REPS	DISTANCE	DURATION	TEMPO	REST PERIOD	WEIGHT LOAD	INTENSITY
2	12			Slow	1 min		

Description

- ⌘ Secure one end of the band and hold the other end in one hand while standing.
- ⌘ Stand sideways, with the resisted hand opposite to the band's attachment point.
- ⌘ With your palm facing you and your arm kept straight, move the hand away from the body about 45 degrees.
- ⌘ Then lower the arm to the start position.

ProTip

- ⌘ Keep your chest up and your shoulders down

Mistakes

- ⌘ Shrugging the shoulder excessively
- ⌘ Hunching forward
- ⌘ Leaning back
- ⌘ Torso bending to the side



EQUIPMENT

- ⌘ Elastic Band