



Scap Routine

2 sets x 15 reps each (start palms up, finish palms down)

1. Cheerleader, to front (w/wrist weights)
2. Cheerleader, to side (w/wrist weights)
3. Cross-punch (w/wrist weights)

2 sets x 10 reps (start palms up, finish palms down)

4. Wing Flap
5. Wing Flap with Stretch
6. Wing Flap with Surrender
7. Tree Huggers
8. Swords (start from surrender position)
9. Giant's Nuts

Shoulder Bands

2 sets x 15 reps

1. Low row - high bands, facing fence, palms up
2. High row - high bands, facing fence, palms down
3. Punch - high bands, facing away from fence, palms down
4. Surrender - low bands, facing fence, palms down
5. Surrender, Negative resistance - low bands, facing fence, palms down