

Strengthen Your Shoulders and Core

Planks

30 seconds 3x daily



Where to start:

Rest on your forearms and knees, making your body into a straight line from shoulders to knees. Hold it for 30 seconds and repeat at least three times in a row each day. By the end of the third plank, you should feel like you can't hold yourself up any longer.



When to progress

Once you get to the point where at the end of these three planks, you still have some energy left, pick your knees up off the floor, now balancing on your toes and forearms, making a straight line from shoulders to heels. Hold it for the same 30 seconds, at least three times once a day. Finally, when you start feeling like you have energy left after these three, you can lift yourself up to your hands instead of your forearms. As you get stronger, you can add more time to your planks so you're holding them longer.

Pushups

30 reps 2x daily



Where to start:

Pushups can seem daunting. To remove the “I’m-not-strong-enough” factor, start slowly by doing pushups while standing. Stand a foot or two away from a wall. Rest both palms on the wall and bend your elbows to sink toward the wall as if are doing a pushup, keeping your body in a straight line as you do so. Do 30 pushups, twice a day.



When to progress

Once you get to the point where you still have energy after doing 30 pushups on the wall, progress to the ground. With your knees resting on the mat, bend your elbows and lower yourself to the floor for a pushup. Do 15 pushups, twice a day. Progress again to being on your toes instead of your knees when you feel ready. As you get stronger, add more pushups per set, or add more sets per day.

Shoulder Blade Pinch

20 reps 3x daily



Activate your middle and lower trapezius muscles by pinching your shoulder blades together in the back. This can be done up to 20 times in a row a few times throughout your day to help with your posture.

Shoulder Stretch

10 seconds 10x daily



Thoracic spine mobility is very important for shoulder health. To maintain this mobility, you can perform a stretch while sitting in a chair and leaning backwards over it. It is best to hold your hands behind your neck, keeping your elbows in tight to prevent over-stretching the neck instead of the upper back.

Hold for 10 seconds and repeat ten times a day.