

Circular Shoulder Pendulum with Table Support

REPS: 10-20

DAILY: 3

WEEKLY: 7



Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

Flexion-Extension Shoulder Pendulum with Table Support

REPS: 10-20

DAILY: 3

WEEKLY: 7



Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight forward and backward, letting your hanging arm swing in those directions.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the back and forth motions.

Horizontal Shoulder Pendulum with Table Support

REPS: 10-20

DAILY: 3

WEEKLY: 7



Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight side to side, letting your hanging arm move in those directions at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the side to side motions.