

# In-Season Shoulder Exercises

(Perform each strengthening exercise 3x per week 30-40 repetitions)



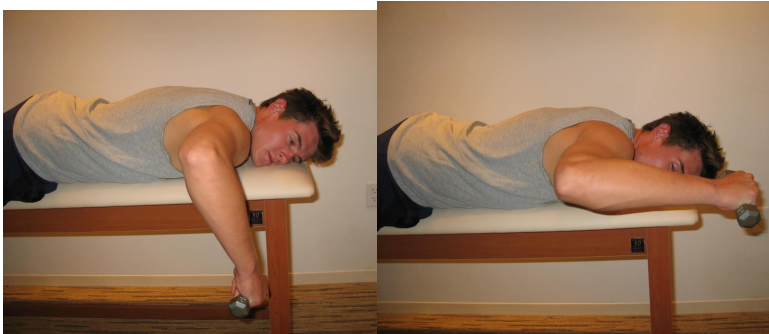
**Forward Flexion**



**Full Can**



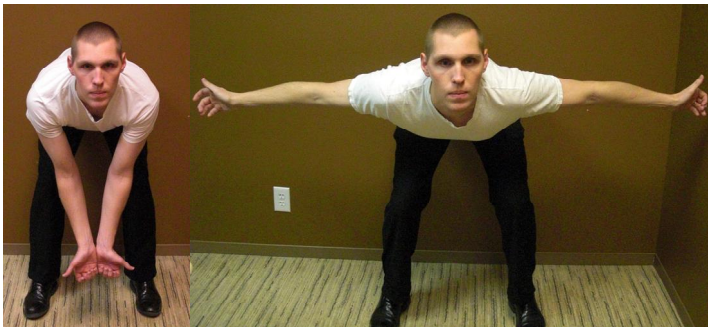
**Wall Push-up with Plus**



**Prone External Rotation @ 90°**



**Sleepers Stretch – Perform Daily!**



**Horizontal Abduction (Reverse Fly)**



**Side Lying External Rotation**