

Shoulder Internal Rotation (0°)

Holding a resistance band with your elbow at your side rotate your shoulder inwards to pull your hand to your lower rib cage.

Hold for a few seconds then slowly return your arm to the starting position.

Repeat 10-15 times for 3-5 sets.



Ensuring Proper Form:

- Keep your shoulder blade retracted (pulled back towards your spine) for the entire exercise
- Keep the stretch in the band light enough so the big muscles such as the deltoid and pectoralis major are not active