

## 1. Sitting rowing

🕒 3 x 8–16 repetitions

- Purpose: To increase control in the shoulder complex
- Keep your upper body straight
- Straighten your back and pull your shoulder-blade back and down
- 3 x 8–16 repetitions



## 2. Sitting rotation

🕒 3 x 30 seconds

- Purpose: To improve thoracic spine flexibility
- Sit with your legs crossed
- Straighten your back
- Keep your shoulders low while you rotate your upper body
- Push against your knee with the opposite hand, look over your shoulder
- 3 x 30 seconds



## 3. Elbow extension

🕒 3 x 8–16 repetitions

- Purpose: To warm up and prevention of elbow injuries
- Keep upper body straight
- Hold one end of the elastic band against your chest
- Extend shoulder and elbow
- 3 x 8–16 repetitions



## 4. Side lying rotation

🕒 3 x 30 seconds

- Purpose: To improve upper back flexibility
- Lie in a stable position on your side
- Pull your shoulder-blade back and down
- Leading with a straight arm, rotate your upper back as far as possible
- 3 x 30 seconds



## 5. Lateral stability

🕒 3 x 8–16 repetitions

- Purpose: To improve lateral trunk stability
- Sit with your legs crossed
- Straighten your back
- Hold the elastic overhead and lower to the side
- 3 x 8–16 repetitions



## 6. Shoulder external rotation

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulder external rotator muscles
- Start with your shoulder elevated to 90° and your elbow flexed
- Straighten your back and pull your shoulder-blade back and down
- Stretch the elastic by rotating your shoulder backwards as far as possible
- Your upper arm should not move from its original position throughout the whole exercise
- 3 x 8–16 repetitions



## 7. Wrist extension

🕒 3 x 8–16 repetitions

- Purpose: To strengthen forearm muscles
- Rest forearm on your thigh, palm down
- Flex and extend your wrist
- Control downwards movement
- 3 x 8–16 repetitions



## 8. Elbow supination

🕒 3 x 8–16 repetitions

- Purpose: To improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position
- 3 x 8–16 repetitions



## 9. Wrist flexion

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Rest forearm on your thigh, palm up
- Flex and extend your wrist
- Control downwards movement
- 3 x 8–16 repetitions



## 10. Elbow pronation

🕒 3 x 8–16 repetitions

- **Purpose:** To strengthen forearm muscles
- Hold elastic with the palms up and one arm crossed over the other
- Slowly turn palms downward, tightening the elastic
- Slowly return to the start position
- 3 x 8–16 repetitions



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## 2. Y exercise

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Elevate arms in a Y-pattern
- Keep shoulders low and arms straight
- In the end position pull shoulder-blades back and down
- 3 x 8–16 repetitions



## 3. Medicine ball throws

🕒 3 x 8–16 repetitions

- Purpose: To improve trunk stability
- Sit with your legs crossed
- Throw and catch a medicine ball with your partner
- 3 x 8–16 repetitions



## 4. Archery

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Hold shoulder-blades down
- Straighten your back and pull your shoulder-blade back and down
- 3 x 8–16 repetitions



## 5. Rowing

🕒 3 x 8–16 repetitions

- Purpose: To improve upper body strength and shoulder stability
- Pull your shoulder-blade back and down
- Keep the weight close to your body while rotating
- 3 x 8–16 repetitions



## 6. Upper back mobility +

🕒 3 x 10–15 repetitions

- Purpose: To enhance back mobility and abdominal strength
- Throw the ball as you sit up from the bosu
- 3 x 10–15 repetitions



## 7. Wrist extension

🕒 3 x 8–16 repetitions

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- Control downwards movement
- 3 x 8–16 repetitions



## 8. Wrist flexion

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## 9. Elbow supination

🕒 3 x 8–16 repetitions

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- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position
- 3 x 8–16 repetitions



## 10. Elbow supination

🕒 3 x 8-16 repetitions

- **Purpose:** To improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position
- 3 x 8-16 repetitions



## 1. Archery

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulders and upper back
- Hold shoulder-blades down
- Straighten your back and pull your shoulder-blade back and down
- 3 x 8–16 repetitions



## 2. Sit ups

🕒 3 x 8–16 repetitions

- Purpose: To enhance core stability
- Throw the ball when lifting up from the bosu
- 3 x 8–16 repetitions



## 3. Push-up +

🕒 3 x 8–16 repetitions

- Purpose: To improve upper body strength and shoulder stability
- Place knees on bosu
- Perform push ups
- At the top, keep elbows straight and push upper back as high as possible
- 3 x 8–16 repetitions



## 4. Core stability

🕒 3 x 8–16 repetitions

- Purpose: To enhance core stability
- Hold the elastic band with straight arms
- Pull the elastic band in turns
- 3 x 8–16 repetitions



## 5. Shoulder external rotation

🕒 3 x 8–16 repetitions

- Purpose: To strengthen the shoulder external rotator muscles
- Start with your shoulder elevated to 90° and your elbow flexed
- Straighten your back and pull your shoulder-blade back and down
- Stretch the elastic by rotating your shoulder backwards as far as possible
- Your upper arm should not move from its original position throughout the whole exercise
- 3 x 8–16 repetitions



## 6. Rowing

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- Purpose: To strengthen forearm muscles
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## 10. Elbow pronation

🕒 3 x 8-16 repetitions

- Purpose: To strengthen forearm muscles
- Hold elastic with the palms up and one arm crossed over the other
- Slowly turn palms downward, tightening the elastic
- Slowly return to the start position
- 3 x 8-16 repetisjoner



## 11. Elbow supination

🕒 3 x 8-16 repetitions

- Purpose: To improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position
- 3 x 8-16 repetitions



## 12. Elbow supination

🕒 3 x 8-16 repetitions

- Purpose: To improve forearm strength
- Hold elastic tight with the palms down
- Slowly turn your palms upward, further tightening the elastic
- Slowly return to the start position
- 3 x 8-16 repetitions

