



## Shoulder Exercises

### Isometrics



A



B



C



D



E



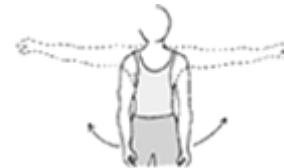
F



Shoulder-Extension



Shoulder-Flexion



Shoulder-Adduction



Elbow-Range-Of-Motion