

Fall Shoulder Training Program Workout #2

1. **Jump Rope** - 200 jumps

2. **Basketball Wall Throws** – 50 repetitions (A)

- a. Stand 6 inches from wall
- b. Keep throwing arm elbow shoulder high and bent to 90 degrees
- c. Throw and catch the basketball against the wall while keeping elbow in same spot as the ‘axis of rotation’

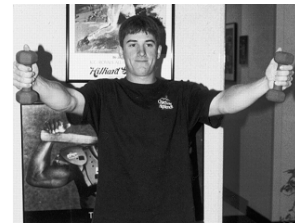


Figure 4. One-Handed Baseball Throw (90-90 position)

(A)

3. **Thumbs-Up Scapula Squeezes** – 10 repetitions (B)

- a. Keep elbows straight with thumbs with no dumbbells
- b. WITHOUT bending elbow and keeping shoulders down, squeeze shoulder blades together for 5 seconds, then rest for 5 seconds



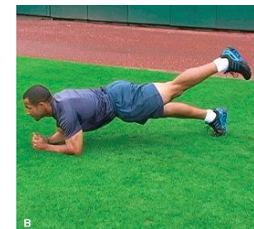
(B)

4. **Isometric Basketball Plank Holds** – 30 sec x 10 repetitions

- a. Assume a push-up position (C) but instead of having hands on ground, have hands on 2 basketballs
- b. When you get strong in this position, lift 1 leg off the ground at 1 time (D)
- c. Once that becomes easier, do with eyes closed.
- d. Finally, try to do push-ups with the basketballs.



(C)



(D)

5. **ASMI “Thrower’s Ten” Program**

- a. Most recommended exercise = “Press Ups”
- b. Many of the other shoulder exercise are done in other parts of this program



6. **Finish up with 200 more repetitions of jump rope**