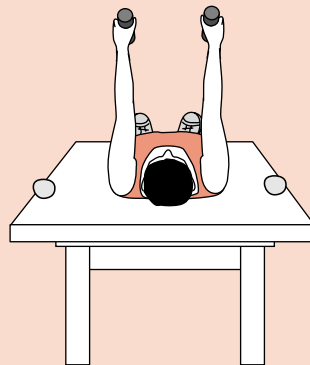
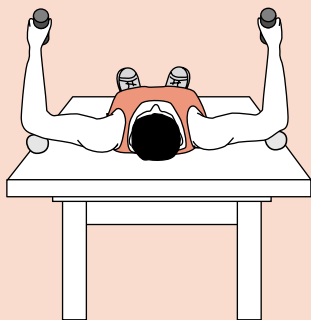




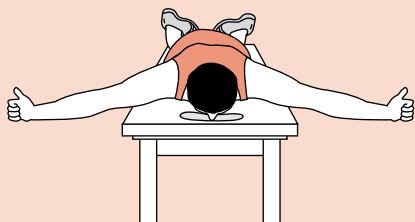
Shoulder Girdle Conditioning Program

- Bench press (flat, incline, decline)



Bench press

- Prone middle and lower trapezius



Prone midtrap



Prone low trap

- Latissimus pulldown



- Lateral deltoid raise—in frontal plane or scaption (through full range of motion) *or*



Wall arm lift scapular plane



Lift through full range to wall

(continued)