

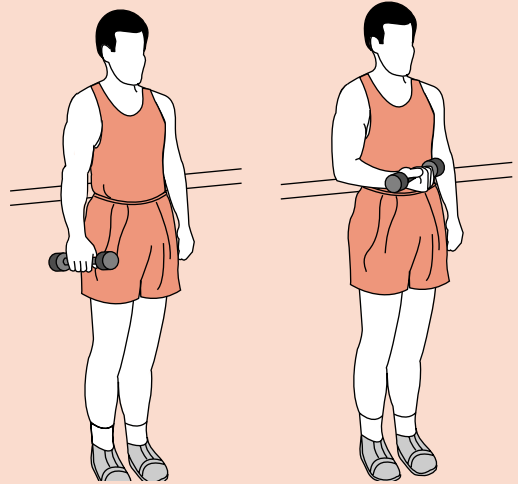


Shoulder Girdle Conditioning Program (Continued)

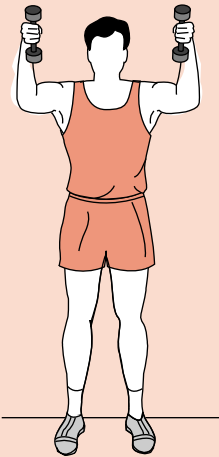
- Military press



- Biceps curl



- Front deltoid raise (through full range of motion)



Wall arm lift sagittal plane

- Triceps extension

