

Shoulders (medicine balls)

### **Medicine Ball Lunge**



#### **Exercise Description:**

Medicine Ball Lunge

#### **Classification:**

Shoulders (medicine balls)

#### **Instructions:**

- 1) Start position: Stand with feet hip width apart. Place hands on waist or out to sides for stability.
- 2) Step forward 2-3 feet and lower body forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury. Take medicine ball during this movement and press the ball over your head.
- 3) Pushing off front foot, return to start position. Continue with same leg or alternate as prescribed.
- 4) Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.

### **Seated Cable Internal Rotation**



#### **Exercise Description:**

Seated Cable Internal Rotation

#### **Classification:**

Shoulders (medicine balls)

#### **Instructions:**

- 1) Adjust pulley to approximately waist height.

- 2) Stand 2-3 feet away from pulley or machine with the working arm facing pulley. Feet should be shoulder width apart with knees slightly bent.
- 3) Start position: Grasp handle and flex elbow 90° keeping elbow in at side. Forearm should be rotated outward with fist pointing towards pulley.
- 4) Rotate arm inward keeping elbow at 90°.
- 5) Return to start position.
- 6) Remember to keep elbow firmly secured to side. You may put a rolled towel between the elbow and side to facilitate rotation and secure form.

### **Seated Shoulder Press (lever)**



#### **Exercise Description:**

Seated Shoulder Press (lever)

#### **Classification:**

Shoulders (medicine balls)

#### **Instructions:**

- 1) Sit in upright position or adjust seat to shoulder press position.
- 2) Adjust bottom position of press arm so that handles are approximately ear level.
- 3) Start position: Grasp handles with an overhand grip (palms facing forward). Elbows should be at 90° in bottom position.
- 4) Press weight up overhead.
- 5) Return to start position.
- 6) Do not lock out elbows. Keep back secured on seatback (if applicable) - hyperextension or flexion may cause injury.

### **Seated Shoulder Press (smith)**



**Exercise Description:**

Seated Shoulder Press (smith)

**Classification:**

Shoulders (medicine balls)

**Instructions:**

- 1) Sit in upright position.
- 2) Adjust barbell so that handles are approximately ear level.
- 3) Start position: Grasp bar with an overhand grip (palms facing forward). Elbows should be at 90° in bottom position.
- 4) Press weight up overhead and release the hooks.
- 5) Return to start position.
- 6) Do not lock out elbows. Keep back secured on seatback (if applicable) - hyperextension or flexion may cause injury.