

Exercise and Stretch of the Day

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Today's Muscle is: **The Shoulders**

Why are these muscles important to stretch and strengthen?

The shoulder has a wide range of movements including, adduction, abduction, flexion, extension, internal and external rotation. The shoulder joint is one of the largest and most complex joints in the body. Keeping your shoulders strong will benefit you in many ways, including when doing everyday duties like lifting and reaching for things, and especially when doing household activities.

A Stretch for the Shoulder Muscles: *Bent-Arm Shoulder Stretch*

- Start by standing or sitting tall. Place one arm across your body and bend your elbow to 90 degrees, with your hand pointing up.
- Using your other arm, pull your elbow toward your opposite shoulder.
- Hold for at least 30 seconds and then repeat on the other side
- 1-3 sets for 3-5 reps



An Exercise for the Shoulder Muscle: *Arnold Press*

- Sit with your feet hip-width apart, holding a pair of dumbbells at shoulder height, with elbows bent and palms facing body.
- Keep your back straight and tight against the chair. Make sure your spine is straight and that you are not slouching. Once you start raising the dumbbells, activate your core to keep the body straight and sturdy.
- In one motion, bring elbows out wide to sides while rotating hands so palms face forward/away from your face and pressing the dumbbells overhead until arms are straight and biceps are by ears.
- Pause, and then reverse the movement to return to start. That's one rep.
- Complete 1-3 sets of 8 – 12 reps

