

SCAPULAR TRAINING PROGRAM

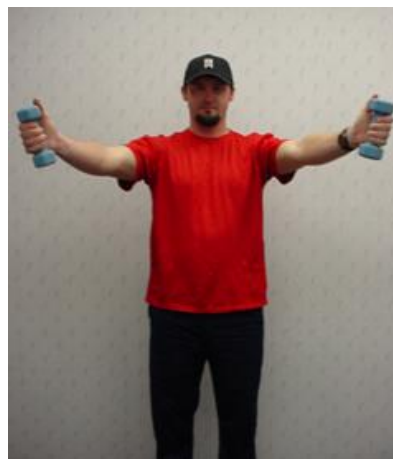
1. External Rotation Tubing



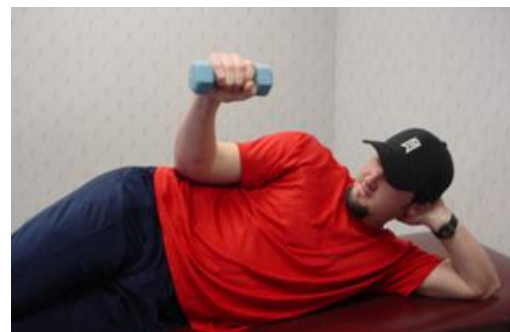
2. Internal Rotation Tubing



3. Shoulder Scaption with External Rotation ("Full Can")



4. Sidelying External Rotation



5. Prone Horizontal Abduction



6. Prone Horizontal Abduction with ER



7. Prone Horizontal Abduction with ER at 100°



8. Prone Extension at 30° abduction



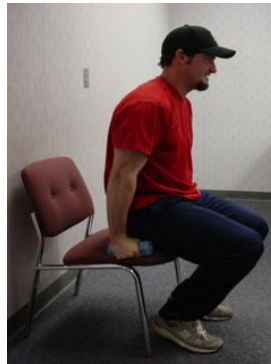
9. Prone Row



10. Prone Row with External Rotation



11. Press Up



12. Standing Table Lift



13. Supine Serratus Punch



14. Push-up with a Plus



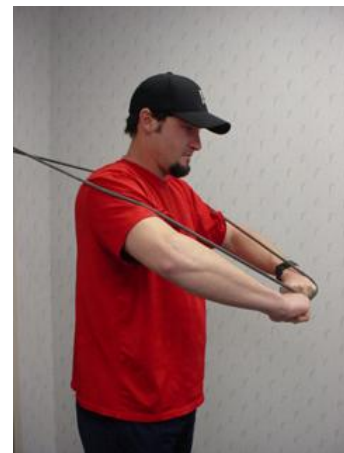
15. Horizontal Diagonal with ER



16. Bilateral Downward Row with ER



17. Dynamic Hug



18. Latissimus Dorsi Pulldown



19. Seated Row Machine

