


Core and Shoulder Stability

Stability ball walk-outs is a great exercise for **core and shoulder stability**, as well it is beneficial exercise to increase scapular stability for smooth shoulder mobility.

This exercise helps to reduce shoulder injuries by increase strength and is especially good for athletes who play paddle sports.

THE MOVE

Step 1: To start lie on your stomach over the top of a  stability ball. Begin on an all fours position with your torso on the ball and hands and feet on the floor. Lengthen your legs and stretch your heels to the back of the room. Your feet should be off the ground and your hands should be directly under your shoulder.

Step 2: With your abdominals engaged and torso rigid, slowly walk your hands forward. Avoid allowing your legs to droop. Continue walking out until the fronts of your thighs or knees are resting on the top of the ball. The further you walk away from the ball, the greater the stability challenge. Go slowly and find the challenge that is right for you.

Step 3: Slowly walk yourself backwards to your starting position. Try to maintain your stability and balance.

Going forward and back to starting positions is 1 rep. Do 10 reps and 3 sets for a full **core and shoulder stability** workout.

Download [Core and Shoulder Stability](#)

Scapular Stability

PUSH UP PLUS+



1. Push your hands into the floor as hard as you can to make your shoulder blades protract, moving as far forward and apart as possible.
2. Next the chest and body are lowered and the shoulder blades are retracted and depressed, moving as close together and down as possible.
3. Return to starting position and repeat.
4. Perform 2 sets of maximum reps, while maintaining proper form. (*trains serratus anterior*)

PRONE ARM EXTENSION w/ PHYSIOBALL



The first picture shows the initial arm positioning for the prone arm extension on the Swiss ball. It is a very short range of motion with this exercise, being careful not to extend your back, but rather hold your back stable. The first

position, the arms are angled up at a 45-degree angle.

The second position, the arms go straight out to the side. Perform 2-3 sets of 10-20 reps.

- It is alright to perform this exercise while on the knees if you do not have the balance and coordination at first. (*trains lower trap and rhomboids*)

Download [Scapular Stability](#)

Foam Roller T-Spine

Beginner Position: Use 36 X 6 inch foam roll

- Sit back on the foam roll place vertically under the full length of your back
- Have your head and neck supported on roll
- Bend your knees with your feet on the floor
- Start with your arms at your sides and then raise them overhead
- Hold for 20-30 seconds. Repeat 2 times per day

Intermediate Position Starting position:

- Place a 36 X 6 round foam roll horizontally on the floor
- Kneel on your knees and place your forearms – just above your wrist – on the foam roll
- Keep your elbows slightly bent

Stretch position

- Raise your chest up towards the ceiling, then drop your breastbone down towards the floor
- Perform 8-10 repetitions
- Repeat 2x/day

Advanced Position Starting position:

- Place the round foam roll horizontally on the floor just below your shoulder blades
- Support your head in your hands and lay back over the foam roll
- Keep your knees bent

Stretch position:

- Roll your spine backwards over the foam roll
- You can slightly lift your hips and pelvis off the floor
- Avoid letting your head fall back too far
- Perform for about 30 seconds
- Repeat 2 times per day

Free Download [Foam Roller T-Spine](#)