Longevity for Life

Timeless Energy for Life

Stronger Shoulders Brighter Days ♡



Shoulder & Rotator Cuff *Mobility & Strength*

Supporting Posture, Strength & Independent Movement

Strong Shoulders Support A More Active You ♡



1 Wall Slides

Stand with your back and arms against a wall. Slide your arms upward while keeping contact with the wall and your core engaged.

Do 8–12 repetitions.



2 Open Book Rotation

Lie on your side with knees bent. Keep your bottom arm in front of you and slowly rotate your upper body and top arm open, following your hand with your eyes.

Do 8–10 repetitions each side.



3 Band External Rotation

Keep your elbows at your sides and a towel (or folded cloth) between your arm and body. Rotate your forearms outward, keeping control.

Do 10–15 repetitions each side.



4 Band Scaption

Hold a light resistance band with hands in front of your thighs. Raise your arms in a slight forward angle (about 30° from your body) to shoulder height, keeping control and good posture.

Do 10–15 repetitions.



5 Serratus Wall Slide

Stand facing a wall with your forearms on the wall. Slide your arms up while gently reaching forward at the top, keeping your shoulders relaxed and engaged.

Do 8–12 repetitions.



6 Bottoms-Up Carry

Hold a lightweight kettlebell in the bottoms-up position (bell upside down). Walk forward with good posture, core engaged and shoulders steady. Switch sides.

Walk 20–30 feet, 2–3 rounds each arm.

Movement Creates Strength. Strength Creates Confidence. ♡

FOCUS | IMPROVE | TRANSFORM

Healthy Shoulders Support Better Posture, Function & Independence

Move Better • Live Stronger • Age Well

Small Improvements Lead to Greater Independence. ♡

Timeless Energy for Life