

## Shoulder DB Rehab 2

This is a basic shoulder DB rehab program to be used alongside professional advice. If any exercise causes more pain than 4 out of 10 on the pain scale then stop exercising.

### List of Exercises -30s on, 20s off - repeat each exercise twice

Anterior deltoid stretch  
Pec band stretch  
Shoulder circumduction both  
Combo 1  
Combo 2  
Hugger  
Front cross  
Circle shrugs  
External rotation with horizontal add  
Standing lateral raises - front, V, lateral - with set  
shoulder blade  
Poser  
Pec wall stretch  
Thoracic long arm stretch  
Sleeper stretch

[www.norsefoundation.com](http://www.norsefoundation.com)

### Disclaimer:

Before you start this or any exercise programme you must get your GP's / medical professional's approval. These home workouts are for informational purposes only and it is not meant as medical advice, nor is it a substitute for medical advice or a medical programme. Anyone experiencing any pain, discomfort, light-headedness, dizziness or becoming short of breath, should stop exercising immediately and consult a doctor/physician. The author is not responsible in any manner for any injury, loss, risk or liability, personal or otherwise, that result from the use of the fitness workout programmes or exercises outlined in this document.