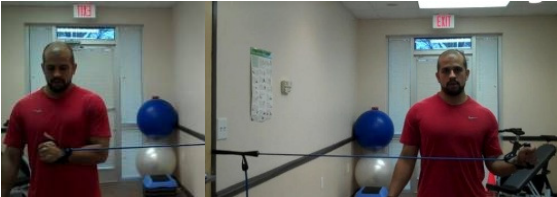





Handcycle/Push Chair -- Shoulder Strengthening Program

| Date | Level 1 (do 2-3x per week for 2 weeks) | Reps | View | Video |
|------|----------------------------------------|--------|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| | Internal/External Rotation | 3x 10 |  | http://www.youtube.com/watch?v=3Ty5w3dEJ98 |
| | Standing Shoulder Extensions | 3x 10 |  | http://www.youtube.com/watch?v=FRKXe3X0IgM |
| | Pull A parts-palms facing each other | 3x :30 |  | http://www.youtube.com/watch?v=t756ZNla8eI |
| | Pull A parts-palms facing out | 3x :30 | | http://www.youtube.com/watch?v=t756ZNla8eI |
| | Face Pulls (Lat Pull down) | 3x 10 |  | http://www.youtube.com/watch?v=iGi9c6mmxO8 |