

**SCAPULAR TRAINING PROGRAM**

1. External Rotation Tubing



2. Internal Rotation Tubing



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



4. Sidelying External Rotation



3. Prone Horizontal Abduction



4. Prone Horizontal Abduction with ER



4. Prone Horizontal Abduction with ER at 100°



5. Prone Extension at 30° abduction



6. Prone Row

6. Prone Row with External Rotation



7. Standing Table Lift



8. Supine Serratus Punch



9. Push-up with a Plus



10. Horizontal Diagonal with ER



11. Bilateral Downward Row with ER



12. Dynamic Hug



13. Latissimus Dorsi Pulldown



14. Seated Row Machine



15. Press Up

