

10 EXERCISES FOR SHOULDER STRENGTH & MOBILITY

Shoulder Rolls

Forward and backward circles to release tension.

Shoulder Shrugs

Stand against a wall and slowly raise/lower arms improving mobility.

Band Pull-Aparts

Use a resistance band to strengthen the upper back and open tight shoulders

Dumbbell Press

(seated using light weights) – Builds overhead strength while protecting the lower back.

Dumbbell Rows

Strengthens the back and shoulders, balancing out pushing motions.

Face Pulls

(with bands) – Strengthens rotator cuff muscles and supports joint health.

Front & Lateral Raises

Light dumbbells or water bottles work; strengthen deltoids safely.

Arnold Press

Variation of the shoulder press that hits multiple angles.

Push-Ups

(Modified or Full) – Builds chest and shoulder strength while engaging core.

Plank-to-Downward Dog

Improves mobility and builds shoulder endurance

Warm-up (*Beginner-Friendly Mobility Moves*)

Low-to medium intensity (*Strength-Building Without Strain*)

High intensity (*For Progression & Power*)

