

*10 Easy Movements for*  
**Stronger  
Shoulders**



An ExercisesForInjuries.com Publication

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# 10 Easy Movements for Stronger Shoulders

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**Title:**

10 Easy Movements for Stronger Shoulders

**Edition:**

1st Edition (July 2018)

**Authors:**

Kaselj, Rick, 1973 –

**Keywords:**

10 Easy Movements, Stronger Shoulders

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**Published by:**

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### Disclaimer

*10 Easy Movements for Stronger Shoulders* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you may have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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### Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

#### **Pass this Book On**

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

#### **Guarantee**

My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact our team via e-mail at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com) and I will refund your money.

#### **Contact Me**

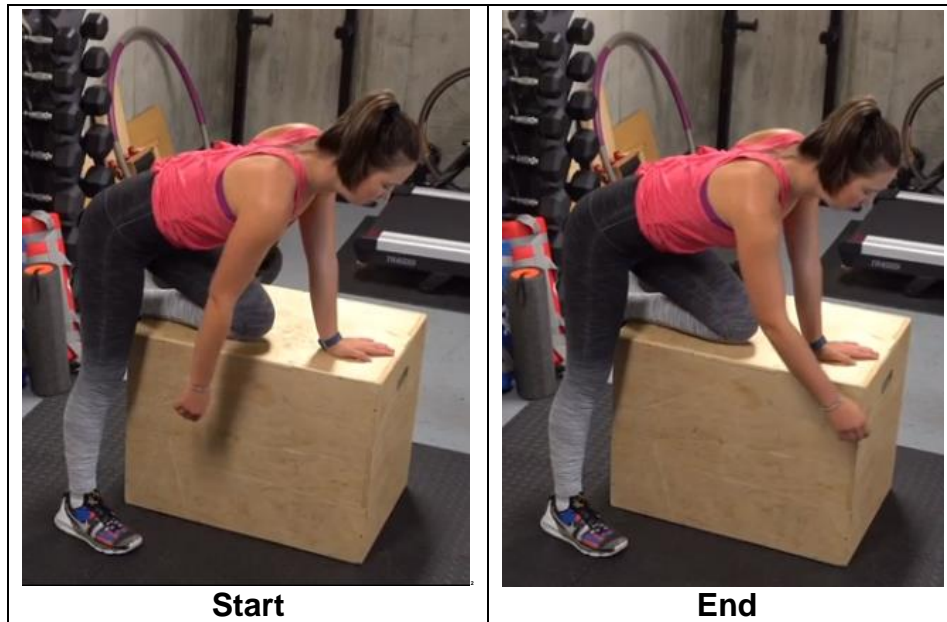
Please let us know what you think of this book. Visit [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com) or e-mail us at [support@ExercisesForInjuries.com](mailto:support@ExercisesForInjuries.com). Your feedback and ideas will help with the content of future editions and books.



## 10 Easy Movements for Stronger Shoulders

### #1 – Pendulum Exercise

Begin in an upright standing position in front of a bench or chair. Place your hand and knee on top of the bench for support and balance. Hang your opposite arm down towards the floor. Move your arm in a small circular motion, side to side and forward and back. Return to the starting position and repeat the movement on the opposite side.



### Pendulum Exercise

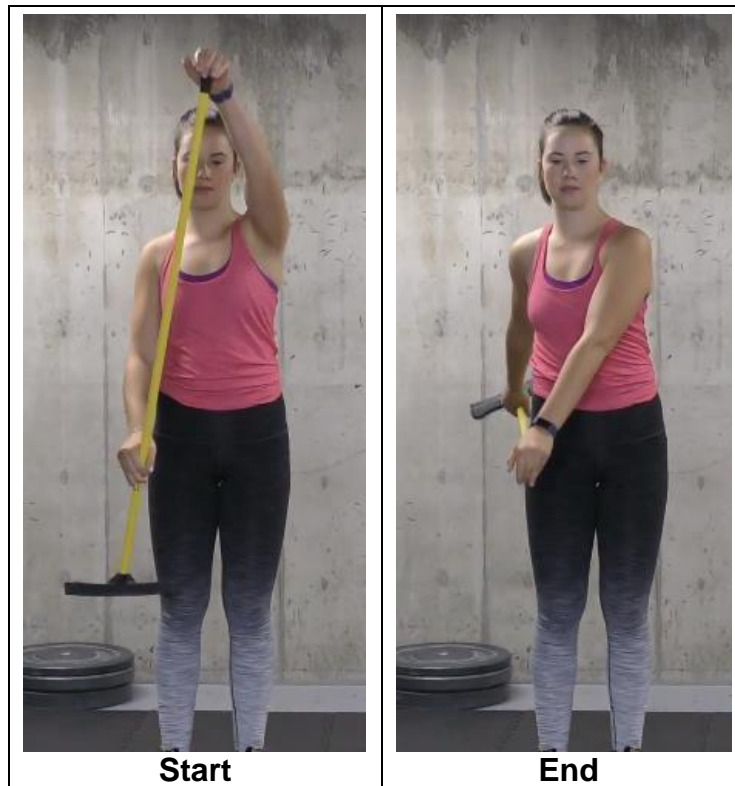
Start off with 1 set of 10 repetitions on each side. Perform the exercise in a smooth controlled movement. The intensity is light. The purpose of this exercise is to stretch the tissues and loosen the muscles surrounding the shoulder joint.

## 10 Easy Movements for Stronger Shoulders

### #2 – Active Assisted Range of Motion

For this exercise, use a pole, broom handle or anything that helps to facilitate the movement.

Begin in an upright standing position with your feet shoulder-width apart, maintaining good alignment with your upper body. Hold one end of the stick in your hand, and hold the stick midway down its length with your other hand. Hold the stick in front of your body in an upright position, then swing your arms up and down in a rowing motion. Repeat the movement.



### Active Assisted Range of Motion

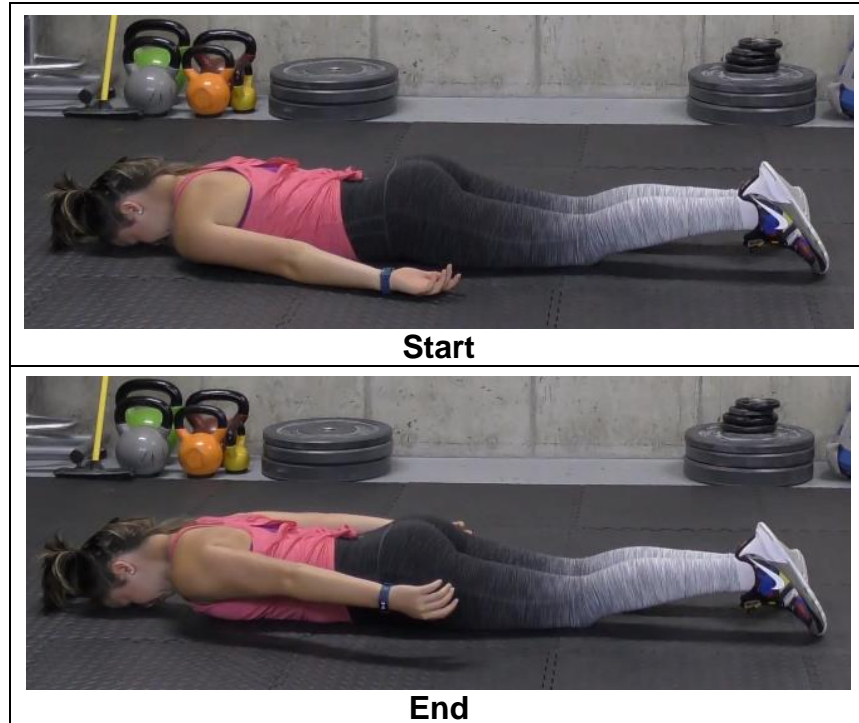
Start off with 1 set of 10 repetitions on each side. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light. The purpose of this exercise is to stretch the shoulder muscles and to improve range of motion.



## 10 Easy Movements for Stronger Shoulders

### #3 – Scapular Setting

Lie on your stomach, maintaining good alignment with your head, shoulders, hips and legs. Place your hands at your sides with your palms facing the ceiling. Contract your shoulder blades together as you extend your arms straight back to be parallel with your upper body. Return back to the starting position and repeat the movement.

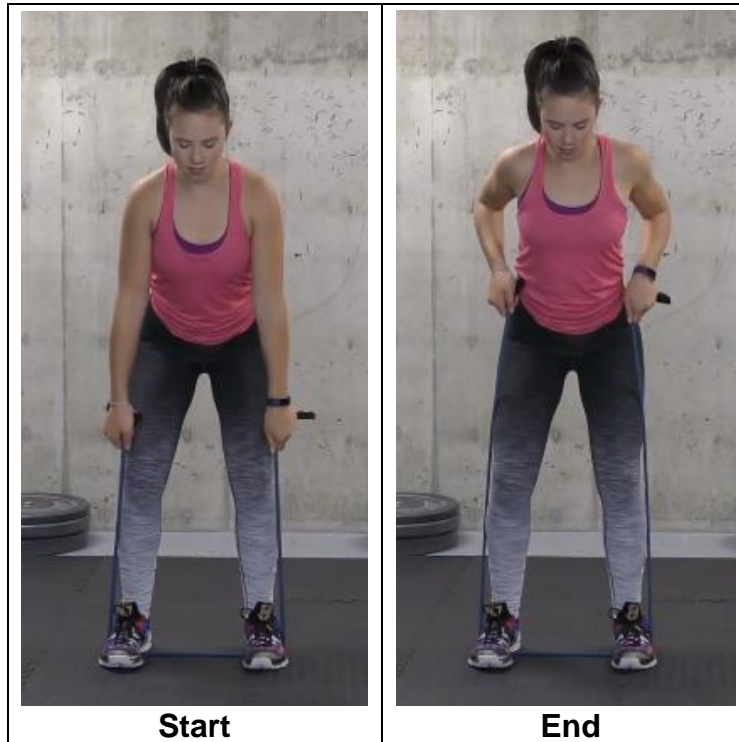


### Scapular Setting

Start off with 1 set of 5 repetitions. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light. The purpose of this exercise is to work on the activation, endurance and strength of the shoulder blade muscles. This exercise also encourages good postural position.

### #4 – Standing Row

Begin in an upright standing position with your feet shoulder-width apart, maintaining good alignment with your upper body. Step on the center of the resistant tubing with both feet and hold a handle in each hand. Bend your knees and hinge through your hips. Pull your arms back in a rowing motion, keeping your elbows 30 to 45 degrees away from your body. Lower your arms back down to return to the starting position. Repeat the movement.



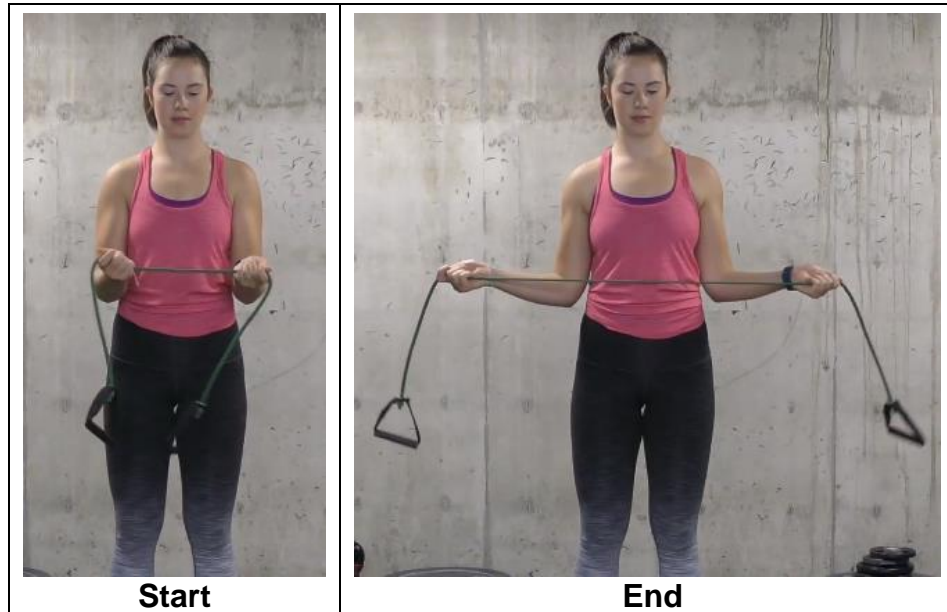
**Standing Row**

Start off with 1 set of 10 repetitions. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light to moderate. The purpose of this exercise is to work on the rowing movement, targeting the shoulder blade muscles.

## 10 Easy Movements for Stronger Shoulders

### #5 – Internal/External Rotation with Tubing

Begin in an upright standing position with your feet shoulder-width apart, maintaining good alignment with your upper body. Hold the middle of the resistant tubing in both hands with your palms facing the ceiling. Keep your elbows at your sides and your shoulder blades back. Pull the band apart by extending your hands out to your sides. Return back to the starting position and repeat the movement.

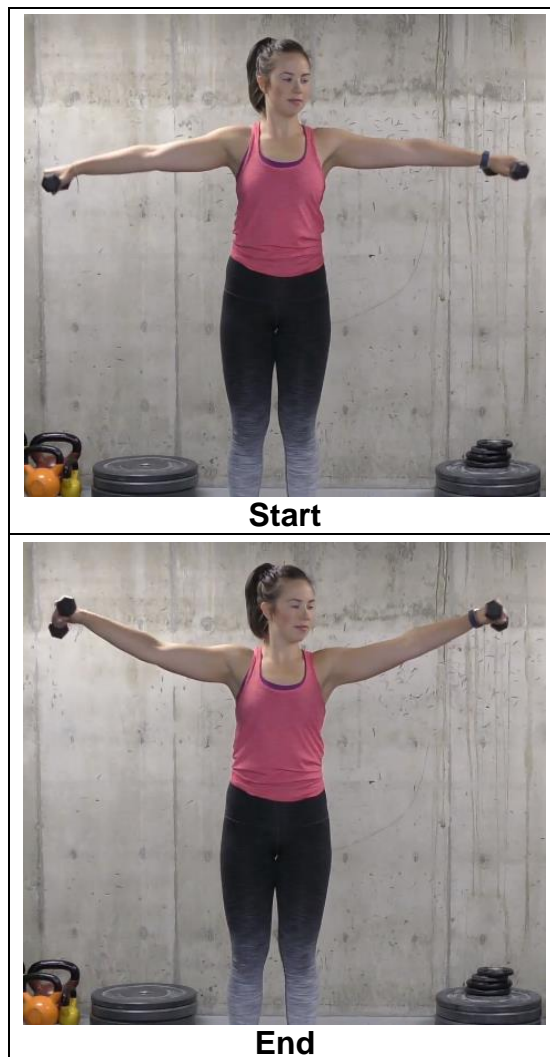


#### Internal/External Rotation with Tubing

Start off with 1 set of 5 repetitions. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light to moderate. The purpose of this exercise is to strengthen the rotator cuff muscles.

### #6 – Weighted Arm Circles

Stand upright with your feet shoulder-width apart, maintaining good alignment with your head, shoulders, hips and legs. Hold a dumbbell in each hand. Extend your arms out at your sides, slightly below shoulder-height. Engage your core and move your arms in a small circular motion, slowly progressing to bigger circles. Lower your arms back down to return to the starting position and repeat the movement in the opposite direction.

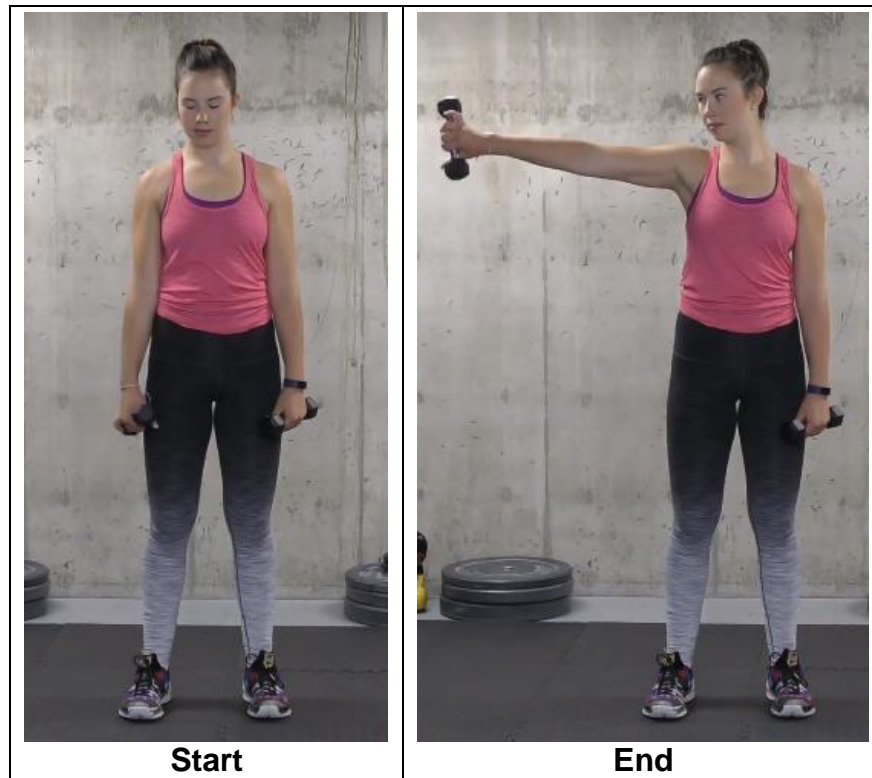


### Weighted Arm Circles

Start off with 1 set of 5 repetitions in each direction. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light. The purpose of this exercise is to strengthen the shoulders.

### #7 – Empty the Can

Begin in an upright standing position, maintaining good alignment with your head, shoulders, hips and legs. Hold a dumbbell in each hand. Keeping your arm straight, raise your arm to shoulder-height as you rotate your arm so that your thumb is towards the floor. Lower your arm back down to return to the starting position and repeat the movement.

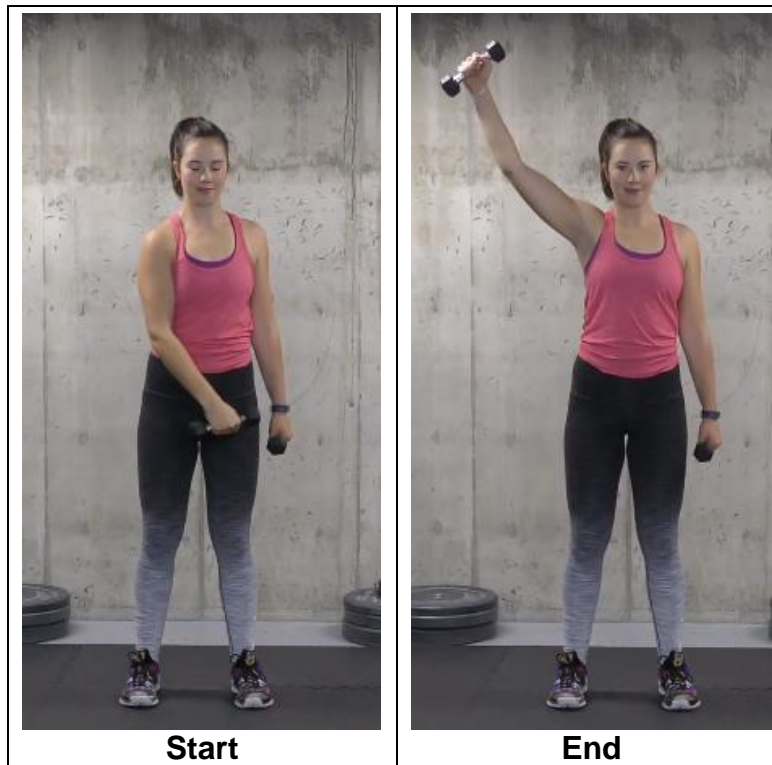


**Empty the Can**

Start off with 1 set of 10 repetitions on each side. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light. The purpose of this exercise is to strengthen the rotator cuff muscles.

### #8 – Diagonal Lift

Begin in an upright standing position, maintaining good alignment with your head, shoulders, hips and legs. Hold a dumbbell in each hand. Keeping your arm straight, lower the dumbbell across your opposite hip, then extend your arm diagonally overhead. Lower your arm back down to return to the starting position. Repeat the movement.



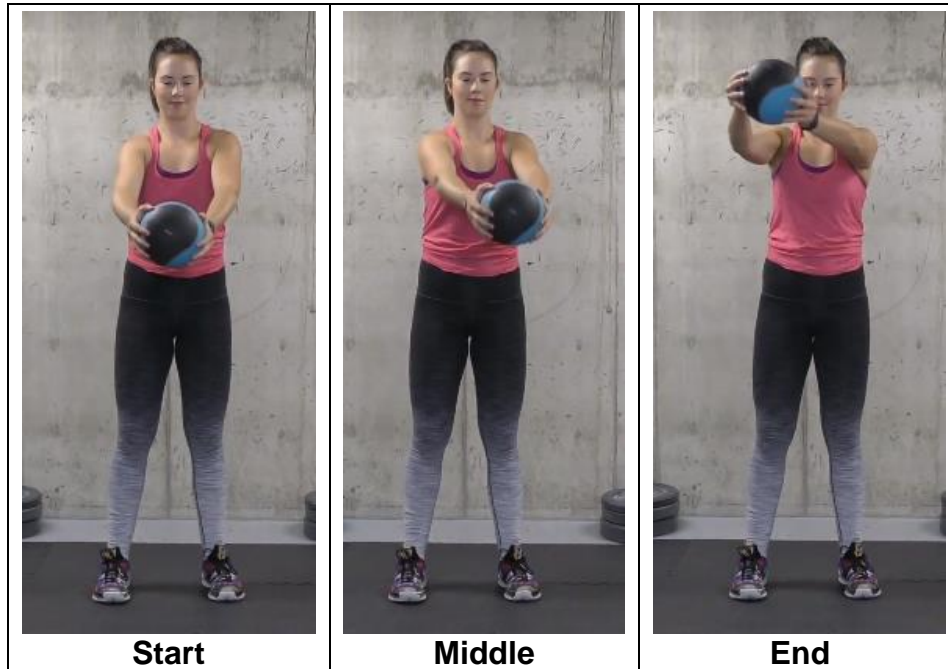
**Diagonal Lift**

Start off with 1 set of 10 repetitions on each side. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is moderate. The purpose of this exercise is to strengthen the muscles around the shoulder blades and the rotator cuff muscles.

## 10 Easy Movements for Stronger Shoulders

### #9 – ABC's with Resistance

Begin in an upright standing position with your legs slightly more than hip-width apart and your toes slightly pointed outward. Hold a medicine ball or other weighted object with both hands, with your arms extended at chest-height. Using your arms, move through an ABC's pattern. Repeat the movement.



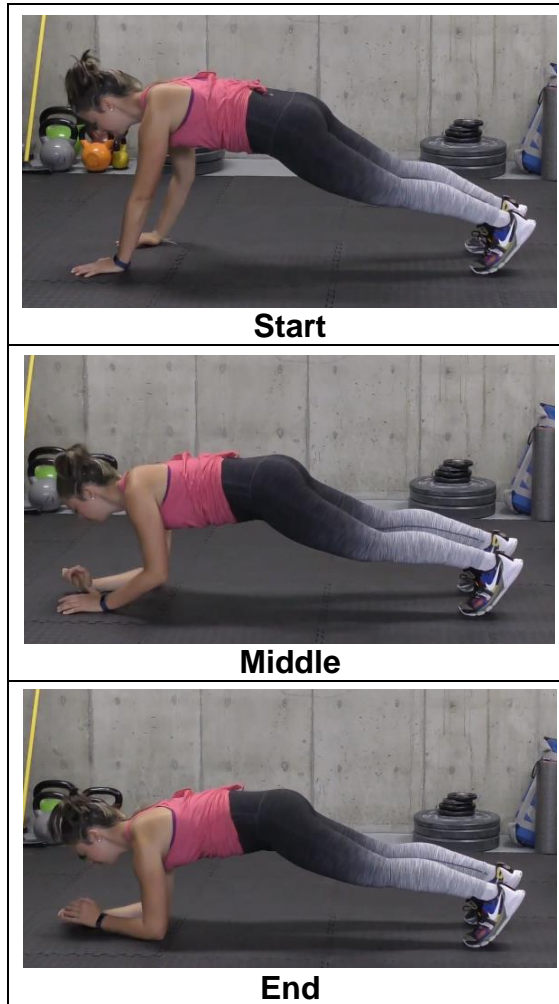
**ABC's with Resistance**

Start off with 1 set of 10 repetitions. Perform the exercise in a smooth controlled movement with a quick stop at the end position. The intensity is light to moderate. The purpose of this exercise is to activate and strengthen the smaller muscles in the shoulders.

## 10 Easy Movements for Stronger Shoulders

### #10 – Plank Up/Downs

Move into a straight-arm plank position, maintaining good alignment with your head, shoulders, hips and toes. Contract your core and bend one elbow to lower your body down to the floor, then follow with your other elbow to move your upper body into a forearm plank position. Raise your upper body back up, leading with the same arm to return to the starting position. Repeat the movement, leading with your opposite arm.



**Plank Up/Downs**

Start off with 1 set of 10 repetitions. Perform the exercise in a smooth controlled movement with a good stop at the end position. The intensity is light to moderate. The purpose of this exercise is to strengthen the core and shoulder blade muscles.



### About Exercises For Injuries

#### **Exercises For Injuries – Your Trusted Resource for Pain-Free Living**

*Recognized as a global leader in injury prevention and recovery since 2008!*

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, without expensive appointments, addictive prescriptions, or risk-laden surgery.

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

**Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: [www.ExercisesForInjuries.com](http://www.ExercisesForInjuries.com)**

### About Rick Kaselj

**Hi, I'm Rick Kaselj.** I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

**Here are a few relevant facts about me:**

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have over 20+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have personally conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



### **I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN**

**I'm all about finding what works...** and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

**Some of the most effective methods** I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

**People get the best results** when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions for how to perform them properly, the proper order in which to perform them, and instructions for what the right amount of rest is, and when to take it.

### What My Clients and Customers Say

“Your exercises have changed my life. I have been in constant pain for 15 years.”

-- **Shelley Watson, Carmel, CA**

“I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months.”

-- **Tracy Walker, North Carolina**

“Before I used the information, I couldn’t walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention.”

-- **Cher Anderson, Athens, TN**

“Thank you Rick, you saved my career!”

-- **Marco Mura, Professional Forester, Sardegna, Italy**

“I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!”

-- **Audal Acosta**

“I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free.”

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

“I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I’m able to do exercises that I have been unable to perform for some time now.”

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

“The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, ‘Thank You, Rick!’”

-- **Sue, Former Fitness Instructor**

### Free DVD Offer

**I HAVE A FREE GIFT FOR YOU... THAT WILL START DECREASING YOUR PAIN NOW!**

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and **I want you to have it for free.**

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...

- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.



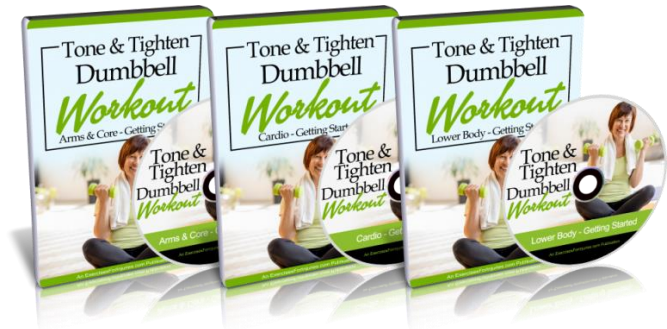
***We have limited supplies right now...*** so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

**[www.ThePainHacker.com/Free-DVD-2](http://www.ThePainHacker.com/Free-DVD-2)**

### Our TOP 5 Best Selling Exercise Programs

#### #1: TONE & TIGHTEN DUMBBELL WORKOUT

FINALLY... an easy-to-do, low-impact, exercise routine designed for women and men between 45 and 75 that can help you lose weight, increase your energy, feel better throughout the day, be more attractive, reduce your risk of disease, and lots more...



- You can do this whole program in 12 minutes or less each day
- This program is designed specifically for women and men between 45 and 75
- This workout is based on conclusions from scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Learn more at: [www.Invincible-Body.com/Tone-Tighten](http://www.Invincible-Body.com/Tone-Tighten)

#### #2: BEST GLUTEUS MAXIMUS EXERCISES

Most doctors have NO IDEA what really causes low back, hip and knee pain. Your "butt" muscle - the Gluteus Maximus, is the key. If you stretch it and strengthen it the right way, you can rapidly reduce and eliminate lower back, hip and knee pain, and finally get back to your normal, pain-free life!



## 10 Easy Movements for Stronger Shoulders

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- This amazing pain-relieving program only takes 15 minutes a day
- You're finally going to be addressing the real cause of your pain
- This program isn't just *made up* - it's based on scientific research and medical studies
- You don't need a gym membership or any expensive equipment to do this program

Learn more at: [www.BestGluteusMaximusExercises.com](http://www.BestGluteusMaximusExercises.com)

### #3: BEST GLUTEUS MEDIUS EXERCISES

#### *THE SURPRISING TRUTH ABOUT BACK AND HIP PAIN:*

Most people (and doctors!) don't know it, but the Gluteus Medius muscle single-handedly keeps millions of people stuck and struggling with chronic back and hip pain. This simple video exercise program shows you how to heal your Gluteus

Medius muscle, so you can reduce and eliminate your back and hip pain, FAST!

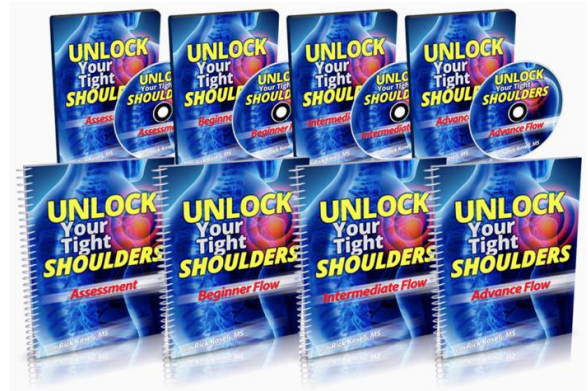
- Within just 7 days you should feel a significant decrease in your back and hip pain
- Imagine your life without low back and hip pain - many of my clients have achieved this!
- This program is based on conclusions from scientific research and medical studies
- These exercises are gentle, easy-to-learn, and easy-to-do... but highly-effective!

Learn more at: [www.GluteusMediusExercises.com](http://www.GluteusMediusExercises.com)



### #4: UNLOCK YOUR TIGHT SHOULDERS

This REVOLUTIONARY 8-Point Reshape Method HEALS shoulder pain! In less than 9 minutes a day you can release decades of trapped muscle and irritating joint pain, and PAIN-PROOF your body's most vulnerable joint - the shoulder.



- Based on real scientific research
- Do it all yourself, in the comfort of your own home, with this simple video program
- Most “experts” give you one or two ways to loosen your shoulders, this program gives you 8 layers of shoulder relief and protection!

Learn more at: [www.Invincible-Body.com/Tight-Shoulders](http://www.Invincible-Body.com/Tight-Shoulders)

### #5: NECK PAIN SOLVED

Do you have persistent NECK PAIN? Migraines? Headaches? Give me JUST 9 MINUTES a day, for JUST 28 DAYS, and I GUARANTEE your neck pain, headaches and migraines will be gone for good...



- Reduce and eliminate your neck pain, headaches, and migraines NATURALLY... without expensive surgery, without time-consuming physical therapy appointments, without pain pills, without invasive treatments
- This program gives you 7 DIFFERENT approaches to fixing your neck pain - most others don't even give you 3!
- This program is based on scientific research, data and studies related to neck pain

## 10 Easy Movements for Stronger Shoulders

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- This is the most comprehensive neck pain exercise program you'll find, but ALSO the easiest to do - it only takes 9 minutes each day!

Learn more at: [www.NeckPainSolved.com](http://www.NeckPainSolved.com)



### GOT PAIN? We Have a Program for You

If you've got a specific pain or injury you need help with... *you're in the right place*. For more than 23 years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **These are just some of Rick's programs, categorized by pain and injury:**

#### BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

#### KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)

#### FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)

#### SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)

#### NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

#### LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

#### MISCELLANEOUS

- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

## 10 Easy Movements for Stronger Shoulders

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To find out more about any of these  
or our other pain, injury or exercise programs, go to:

[www.ExercisesForInjuries.com/Shop](http://www.ExercisesForInjuries.com/Shop)