

“Y-T-W-L” SHOULDER MATRIX

- Lie face down on a stability ball (SB) with your navel on top of the ball and feet split wide for a stable base of support or lie facedown on a bench
 - Perform consecutively for 6-8 reps each—NO REST! Do 1-3 sets according to ability.
 - Use LIGHT dumbbells (DBs) of 0-8 pounds so you can maintain form. 8 pounds would be “very heavy” for this series of exercises.
 - Be careful to lift and lower with control and proper form so you optimize each repetition. Keep head and neck in neutral position.
1. ‘Y’
 - Hold DBs with thumbs up & wrist straight. Extend arms up in front of you so that they end up in a ‘Y’ shape in front of the torso with straight elbows then lower towards floor & lift. Lift DBs from the “shoulders” while leaving elbows locked.
 2. ‘T’
 - Hold DBs with thumbs up & wrist straight. Extend arms straight out to each side into ‘T’ with straight elbows. Maintain a 90° with arms to body as you lower DBs towards floor. Lift DBs from the “shoulders” while leaving elbows locked.
 3. ‘W’
 - Hold DBs thumbs up & wrist straight. Bend the arms to 90 degrees and raise and lower the dumbbells in line with the torso. Lift & lower arms like a bird slowly flapping its wings. As you lift retract or “pinch” your shoulder blades together in upper back.
 4. ‘L’
 - Holding the top of the W contraction, rotate your forearms down so your fists point toward the floor. Keeping your elbows perfectly still, externally rotate the dumbbells back to the W position. Maintain the ‘L’ shape throughout rotations with a 90° bend in elbows. Also keep upper arms at 90° to body. If you cannot maintain the form and 90° “square” angles then use lighter DBs.