

by CNS

THE MOVES: Performing a horizontal shoulder raise with the torso in a prone position.

SHOULDER WORKOUT - Firefighter Phil Valoff demonstrates the steps to the horizontal shoulder raise. CNS Photo by Nadia Borowski Scott. **WORKS ON:** Shoulder-blade stabilization and rotator-cuff strength.

SETUP: Lie face down on a stability ball with the legs spread wide for a base of support. Roll forward on the ball until the chest is unsupported, holding a light weight in each hand.

STEPS: Bend the elbows 90 degrees and bring the forearms together in front of the face. Initiate the movement by squeezing the shoulder blades together and stabilizing them during the entire motion. Spread the arms away from each other until they are in a "put your hands up" position (elbows at 90 degrees, shoulders at 90 degrees to the sides of the torso, back of the hands facing the ceiling).

REPETITIONS: Perform three sets of 15-30 repetitions.

PRECAUTIONS: Avoid using more than 5 pounds for rotator-cuff strengthening. Shoulder-blade stabilization is key to all rotator-cuff exercises. Ensure that the head and neck stay aligned with the spine.

OPTIONS: This exercise can be done on a ball, bench or bent over from the waist. If performing this in a bent-over position, bend the knees to protect your back.

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