

# Fisherman's Five

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## ELASTIC BAND SHOULDER EXTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side and bent at a 90 degree angle the entire time.

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week



## ELASTIC BAND SHOULDER INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side and bent at a 90 degree angle the entire time.

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week



## ELASTIC BAND SHOULDER EXTENSION

While holding an elastic band in front of you with your elbows straight, pull your shoulder blades back and the band down and back towards your side.

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week



## WRIST EXTENSION CURLS

Rest your forearm on your thigh or table and bend your wrist upwards with your palm face down as shown.

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week



## WRIST FLEXION - AROM

Bend at your wrist in the direction of your palm, then slowly return to original position. Use a weight as you did in wrist extension curl exercise.

Repeat	15 Times
Hold	1 Second
Complete	2 Sets
Perform	3 Time(s) a Week

