

CLASS PLAN WITH A SHOULDER FOCUS

Equipment needed: Band with light or medium resistance and clip

The exercises featured in this class focus on shoulder alignment, stability, strength and mobility. The intensity of the class can be reduced by adding in other exercises.



Exercise	Instruction	Teaching Points	Notes
Arm raises	Standing tall, holding the band in front. Inhale to lift the arms up, exhale to lower	Use the inhalation to stand taller. Focus on alignment though the body as the arms lift Keep width across the collarbones Easy shoulders	To take away any neck tension, turn the head as the arms lift
Up and over	Standing tall, holding the band in front. Inhale to lift the arms up, exhale to lower down the back of the body, allowing the band to stretch. Reverse.	Use the inhalation to stand taller. Focus on alignment though the body as the arms lift Keep width across the collarbones Easy shoulders Keep the head still	Reduce ROM if needed
Windmill arms	Standing tall holding the band in front and out to the sides. Take the right arm overhead and then return with the left arm. Reverse the direction	Use the inhalation to stand taller. Focus on alignment though the body as the arms lift Keep width across the collarbones Easy shoulders Keep the head still	Reduce number of reps
Side bend	Standing tall holding the band overhead. Laterally flex though the spine to the right, Draw on the band with the right hand and then return.	Keep the space equal as you side bend over Keep the band directly above the head	
Spine twist	Standing tall holding the band in front, rotate to one side and return	Keep head and shoulders aligned Keep band level	

Cat stretch	On all fours, exhale to flex the spine sequentially from the tailbone up. Inhale to extend though the spine sequentially from the tailbone up	Focus on the low back rather than the mid back Move sequentially Keep the weight over the hands	
Lion	On all fours, turn the fingers to face inwards. Exhale to bend the elbows and slide the shoulder blades together. Inhale to protect the shoulder blades and straighten through the arms.	Keep the spine constant Movement of the scapula gliding on the rib cage	
Thread the needle	On all fours, take the right hand and pass it behind the left, reaching though and rotating through the spine	Keep the weight even through the 3 points Press down into the supporting hand Do not sit back	
Swimming on all fours	Placing clipped band around right foot, handing the other end in the right hand. Exhale to extend the arm forwards and inhale to return.	Keep the spine lengthened Do not let the head hang	Add in leg extending and alternate sides
Swan dive	Lying on front, hands under the shoulders, elbows high, legs together. Inhale to bring head into alignment and then focus on pressing the elbows downwards allow the spine to follow into extension. Exhale to lower	Make sure the head moves in alignment with the spine Focus on an equality of movement through the spine Reach through the spine on the upward and downward phase	
Scapula isolation	Lying supine with the band around the mid back, arms reaching to the ceiling. Protract and retract the scapula. Take the arms overhead, elevate and depress the scapula Arm circles	Keep the collarbones wide Support the head if needed	
Shoulder bridge	Holding the band above the chest, hinge into a bridge. Pull the band outwards x3 and return to the mat	Do not articulate the spine. Focus on hip extension	

Leg Pull	Seated with hands behind, fingers facing front. Knees bent feet flat. Spine long. Exhale to extend the hip and lift to a long line. Inhale to lower.	Do not articulate the spine. Focus on hip extension Focus on opening the collarbones	Change the hand position if necessary Perform with straight legs
Spine Twist	Seated with the band around the mid back, elbows in at sides. Inhale to rotate and extend the arms out. Exhale to return to centre, drawing bows back in	Sit tall, lifting out of the hips	Hold on rotation and extend the arms x 3
Hug	Kneeling up with the band around the mid back. Arms outstretched. Inhale to draw the band forwards, exhale to return	Focus on keeping the hips extended Reach out through the arms	Reverse the breath Towel under knees if needed
Circles	Kneeling up with the band around the mid back. Arms outstretched forwards. Circle the arms around and reverse	Keep the spine lengthened Focus on the hips staying open	Towel under knees if needed
Push up	Kneeling up, roll down through the spine, walk hands out and come into the push up	Hands under shoulders, elbows in to sides As roll down from kneeling, really focus on keeping the hips above the knees as much as possible.	
Diagonal pull	Kneeling up, band under the knees, one hand holding the opposite sides end of the band, just above the navel. Draw the elbow out and return.	Keep spine length and hips open Elbow leads the movement	To take away any neck tension, turn the head with the arm movement Add arm extension
Mermaid	Seated in mermaid position, inhale to laterally flex, exhale to return	Focus on the lateral flexion, rather than a lean Lead with the crown of the head Keep the shoulder aligned	
Side bend	Bring knees on top of each other. Inhale to lift, exhale to lower.	Focus on pressing into the hand as you lift and especially as you lower to support the rib cage and shoulder alignment	Length legs away

Can-can on elbows	Seated back on elbows, palms flat, pushing into the hands, knees bent. Drop the knees to the left, right, left and extend legs	Keep spine lengthened and upper body still Press firmly into the hands	Lift legs up
Double leg kick	Lying prone, hands high up the back, legs together, resting on left cheek. Kick legs in and inhale extend spine and lengthen arms back	Focus on opening the front of the body Legs together as much as possible	
Rest position	Sitting back on heels, crown of head to floor, back of hands resting on back of pelvis one on top of other. Exhale to draw elbows to ceiling. Lengthen arms up and return.		