

**BRUIN  
P.A.W.S.**

# SOLID SHOULDERS IN 30 DAYS (Level ALL)

Healthy shoulders improve posture and can decrease neck, back, elbow, and wrist pain. Become an #ActiveBruin! Work out while you work.

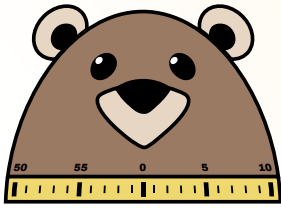
*\*\*Click on activity name to view a video example\*\**

WEEK 1

WEEK 2

WEEK 3

	<b>MONDAY</b> <i>ISOMETRICS</i>	<b>TUESDAY</b> <i>ROTATION</i>	<b>WEDNESDAY</b> <i>CLOSED CHAIN</i>	<b>THURSDAY</b> <i>PULL</i>	<b>FRIDAY</b> <i>PUSH</i>
<b>WEEK 1</b>	<p><b>Isometric Shoulder Activation</b> 10 secs per position (strength)</p> <p><b>Thoracic Spine Mobilization</b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Banded Shoulder External Rotation</b> up to 30 secs (strength)</p> <p><b>Chin Tucks</b> up to 10 reps (strength)</p> <p><b>Posterior Capsule Stretch</b> up to 30 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Quadruped Scapular Protraction/Retraction</b> up to 30 secs (strength)</p> <p><b>Wrist Circles</b> up to 30 secs (mobility)</p> <p><b>Palm Open/Close</b> up to 30 secs (strength)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Seated Banded Row</b> up to 30 secs (strength)</p> <p><b>Bent Over I's, Y's and T's</b> up to 20 secs (strength)</p> <p><b>Trap Release</b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Elevated Push Up</b> up to 30 secs (strength)</p> <p><b>Pec Release</b> 60 secs (mobility)</p> <p><b>Pec Stretch</b> 60 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>
<b>WEEK 2</b>	<p><b>Isometric Shoulder Activation</b> 10 secs per position (strength)</p> <p><b>Thoracic Spine Mobilization</b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Banded Pull Aparts</b> up to 30 secs (strength)</p> <p><b>Chin Tucks</b> up to 10 reps (strength)</p> <p><b>Posterior Capsule Stretch</b> up to 30 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Plank Hold</b> up to 30 secs (strength)</p> <p><b>Wrist Circles</b> up to 30 secs (mobility)</p> <p><b>Palm Open/Close</b> up to 30 secs (strength)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Seated Wide Row</b> up to 30 secs (strength)</p> <p><b>Bent Over I's, Y's and T's</b> up to 20 secs (strength)</p> <p><b>Trap Release</b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Elevated Push Up</b> up to 30 secs (strength)</p> <p><b>Pec Release</b> 60 secs (mobility)</p> <p><b>Pec Stretch</b> 60 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>
<b>WEEK 3</b>	<p><b>Shoulder Shrugs</b> up to 10 reps (strength)</p> <p><b>Scapular Depression</b> 10 secs (strength)</p> <p><b>Thoracic Spine Mobilization</b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Bent Over Reverse Fly</b> up to 30 secs (strength)</p> <p><b>Chin Tucks</b> up to 10 reps (strength)</p> <p><b>Posterior Capsule Stretch</b> up to 30 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Plank See Saw</b> up to 30 secs (strength)</p> <p><b>Wrist Circles</b> up to 30 secs (mobility)</p> <p><b>Palm Open/Close</b> up to 30 secs (strength)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Seated Supinated Row</b> up to 30 secs (strength)</p> <p><b>Bent Over Shoulder Extension</b> up to 20 secs (strength)</p> <p><b>Trap Release</b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b>Single Arm Overhead Press</b> up to 15 secs ea. (strength)</p> <p><b>Upper Trap Release</b> 60 secs (mobility)</p> <p><b>Neck Lateral Flexion Stretch</b> 60 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>



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# SOLID SHOULDERS IN 30 DAYS (Level ALL, page 2)

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WEEK 4

MONDAY ISOMETRICS	TUESDAY ROTATION	WEDNESDAY CLOSED CHAIN	THURSDAY PULL	FRIDAY PUSH
<p><b><u>Shoulder Shrugs</u></b> up to 10 reps (strength)</p> <p><b><u>Scapular Depression</u></b> 10 secs (strength)</p> <p><b><u>Thoracic Spine Mobilization</u></b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b><u>Goal Post Shoulder External Rotation</u></b> up to 30 secs (strength)</p> <p><b><u>Chin Tucks</u></b> up to 10 reps (strength)</p> <p><b><u>Posterior Capsule Stretch</u></b> up to 30 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>	<p><b><u>Dynamic Downward Dog</u></b> up to 30 secs (strength)</p> <p><b><u>Wrist Circles</u></b> up to 30 secs (mobility)</p> <p><b><u>Palm Open/Close</u></b> up to 30 secs (strength)</p> <p>mover's choice <b>x4-8</b></p>	<p><b><u>Lateral Shoulder Raise</u></b> up to 20 secs (strength)</p> <p><b><u>Front Shoulder Raise</u></b> up to 20 secs (strength)</p> <p><b><u>Lateral Deltoid Release</u></b> 60 secs (mobility)</p> <p>mover's choice <b>x4-8</b></p>	<p><b><u>Single Arm Overhead Press</u></b> up to 15 secs ea. (strength)</p> <p><b><u>Upper Trap Release</u></b> 60 secs (mobility)</p> <p><b><u>Neck Lateral Flexion Stretch</u></b> 60 secs (stretch or dynamic stretch)</p> <p>mover's choice <b>x4-8</b></p>

**Repetitions per set:** Perform as many reps as you can with good form “up to” the target number for that day.

**Sets per day:** Perform 4-8 sets of the repetitions assigned for that day. Space out the sets over your day.  
(Example: 10am, 12pm, 2pm, and 4pm, etc.) Beginners should start with fewer sets.

**Missing your Cardio?** Feel free to add 30-60 seconds of cardio activity to any of your movement breaks.

**Low Impact Cardio examples:** Walk, March In Place, Butt Kickers, Step Side to Side, Low Impact Jack

**High Impact Cardio examples:** High Knees, Butt Kickers, Hop side to side, Jumping Jack, Run in place, Football Feet, Jump rope

The remaining 10 days of the month are “Free Days”. Go for a walk, mix and match your favorite exercises, or take a REST day.

*Safety Reminder: Exercise should not be painful. If you feel sharp pain in a joint or muscle, stop. Perform a pain free alternative.  
Tired muscles while doing exercise or right after exercise are typically normal.*

**What's next? Move on to another monthly Bruin PAWS calendar and KEEP MOVING!** [recreation.ucla.edu/paws](https://recreation.ucla.edu/paws)