

Shoulder TRX



Row: pull yourself into a row and slowly lower back to start. Perform 3x10 reps.



Start in the starting position for the row. Focus on pinching shoulder blades together at the end of each exercise. Perform 3x8 reps of each exercise.

T: keep elbows straight (Fig 1)

Y: keep elbows straight (Fig 2)

L: row until elbows are at trunk, and then rotate hands back while keeping elbow at shoulder height (Fig 3)



Roll outs: keeping tension on the straps, allow your arms to come up into the position shown. Keep abdominals tight. You should not feel pain or pressure in your low back. Perform 2x10 reps.

Medical Disclaimer

This online information is intended for your general knowledge only and not to diagnose or treat any specific medical condition. You should consult your healthcare professional before starting an exercise program or to help design an exercise program appropriate for you. Please do not disregard any medical advice and/or delay seeking any medical treatment because of something you read or access through this website. You should stop any exercise and promptly consult your healthcare professional if you experience symptoms such as weakness, unsteadiness, dizziness, chest pain or pressure, nausea, or shortness of breath, or if mild soreness that can occur after beginning an exercise program, fails to improve after 2 or 3 days.

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