












## Indian Clubbell Shoulder Exercise Programme

*Execute all the exercises at a slow controlled pace maintaining a rhythmic movement.*

Exercise	Procedure	Image	Sets	Reps
<p style="text-align: center;">90° Abduction Upright Rotations</p>	<p style="text-align: center;">Hold the clubbells at 90° shoulder abduction and rotate it internally and externally</p>		3	10
<p style="text-align: center;">90° Abduction Upside Down Rotations</p>	<p style="text-align: center;">Hold the clubbells upside down at 90° shoulder abduction and rotate it internally and externally</p>		3	10
<p style="text-align: center;">Scapular Plane Upright Rotations</p>	<p style="text-align: center;">Hold the clubbells in the scapular plane upright and rotate it internally and externally</p>		3	10
<p style="text-align: center;">Scapular Plane Upside Down Rotations</p>	<p style="text-align: center;">Hold the clubbells in the scapular plane upside down and rotate it internally and externally</p>		3	10

<p>90° Sagittal Axis Rotations</p>	<p>Hold the clubbells at 90° shoulder flexion and perform shoulder rotations</p>		<p>3</p>	<p>15</p>
<p>90° Frontal Axis Rotations</p>	<p>Hold the clubbells at 90° shoulder abduction and perform shoulder rotations</p>		<p>3</p>	<p>15</p>
<p>90° Vertical Axis Rotations</p>	<p>Hold the clubbells at 180° shoulder flexion and perform shoulder rotations</p>		<p>3</p>	<p>15</p>
<p>90° Scapular Retractions</p>	<p>Hold the clubbells at 90° flexion, and perform horizontal abduction and finish the movement with maximum scapular retraction</p>		<p>3</p>	<p>15</p>

<p>Shoulder Abduction &amp; Internal Rotation</p>	<p>Hold the clubbells at 90° abduction, and perform horizontal adduction and finish the movement with one forearm covering the face and another forearm behind the head</p>		<p>3</p>	<p>15</p>
<p>Shoulder Abduction &amp; Adduction</p>	<p>Hold the clubbells at 90° abduction, and perform horizontal adduction and go around the head finish the movement in 90° abduction</p>		<p>3</p>	<p>15</p>
<p>Standing Bowling Action</p>	<p>Standing in a split stance hold the clubbells in both hand and perform a controlled slow pace bowling action</p>		<p>3</p>	<p>6</p>