Rotator Cuff Program With dumbbells perform 10 repetitions each of the first 12 exercises using 3 to 15 pound dumbbells. Exercise # 1: Start with weights at tip of shoulders. Alternate extending arms to full reach. Option: Alternate rotating palms out or in during extension. Exercise #2: Start with weights at sides. Bring right arm to left shoulder bending elbow. palm up going up. palm down coming down.

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