

Weight-Training Modifications for the Shoulder

Bent-Elbow Lateral Raise & Upright Row

Do This: Keep elbows below shoulders



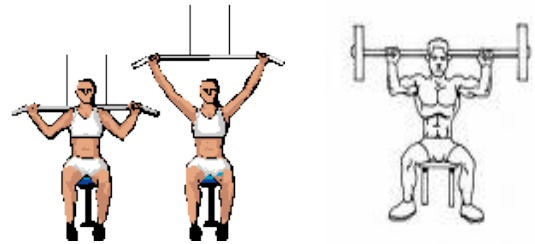
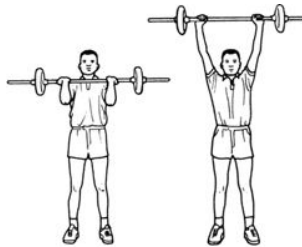
Not this:



Latissimus Pull-Down & Military Press

Do This: Pull down or press in front of head

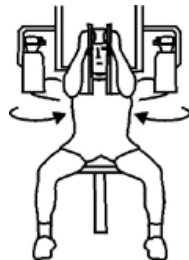
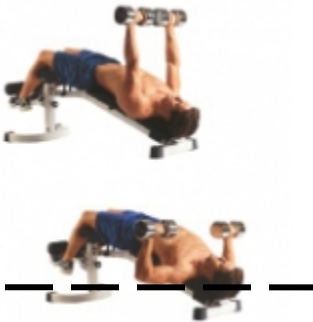
Not this: (behind neck/head)



Pectoralis Fly & Deck

Do This: Keep elbows in front of shoulders

Not this:



Bench Press & Push-Up

Do This: Keep elbows close to side

Not this:



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