

"Y-T-W-L" SHOULDER MATRIX

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



- Lie face down on a stability ball (SB) with your navel on top of the ball and *feet split wide* for a stable base of support.
- Perform *consecutively for 6-8 reps each—NO REST!* Do 1-3 sets according to ability.
- Use *LIGHT* dumbbells (DBs) of 1-8 pounds so you can maintain form. 8 pounds would be “very heavy” for this series of exercises.
- Be careful to *lift and lower with control and proper form* so you optimize each repetition. Keep head and neck in neutral position.

1. 'Y'

- Hold DBs with *thumbs up* & wrist straight. Extend arms *overhead in front of SB* into 'Y' with straight elbows then lower towards floor & lift. Lift DBs from the “shoulders” while leaving elbows locked.

2. 'T'

- Hold DBs with *thumbs up* & wrist straight. Extend arms *straight out to each side* into 'T' with straight elbows. Maintain a 90° with arms to body as you lower DBs towards floor. Lift DBs from the “shoulders” while leaving elbows locked.

3. 'W'

- Hold DBs *thumbs up* & wrist straight. *Bend elbows & pull upper arms down slightly* until arms & body resemble the 'W' shape. Lift & lower arms like a bird slowly flapping its wings. As you lift retract or “pinch” your shoulder blades together in upper back.

4. 'L'

- Hold DBs *thumbs in* towards the SB as you place each hand close to floor directly to side of shoulders. Lift DBs up until elbows are even with shoulder height & 90° then rotate DBs forward until they are horizontal and parallel with floor. Rotate arms back down so hands point to floor then lower. Maintain the 'L' shape throughout rotations with a 90° bend in elbows. Also keep upper arms at 90° to body. If you cannot maintain the form and 90° “square” angles then use lighter DBs.

* Ron Jones (9.5.07) *Source: *Core Performance* by Mark Verstegen (I highly recommended this book!)