

6 DAY WORKOUT PLAN AFTER SHOULDER SURGERY

Amanda Seghetti

MON	Leg Day	10 walking lunges (each leg) 10 squats 10 box step-ups (each leg) 10 good mornings	10 glute bridges 10 clamshells (each leg)
TUES	Cardio & Core	Physical Therapy 1 mile walk/stationary bike CORE WORK	
WED	Right Arm & Cardio	10 chest press 10 bent over row 10 upright row 10 bicep curl to overhead press	10 wall pushups (one arm) 10 tricep kickbacks 10 front raise/scaption 2 mile walk/stationary bike
THURS	Cardio & Core	Physical Therapy 1 mile walk/stationary bike CORE WORK	
FRI	Leg Day	10 split squats (each leg) 10 sumo squats 10 side step ups (each) 10 single leg deadlifts (each)	10 single leg glute bridges (each leg) 10 clamshells (each leg)
SAT	Right Arm & Cardio	10 chest press 10 bent over row 10 upright row 10 bicep curl to overhead press	10 wall pushups (one arm) 10 tricep kickbacks 10 front raise/scaption 1 mile walk or stairs
CORE	C sit lying leg raises leg scissors up/down leg scissors side to side	Russian twist (no weight) hollow hold superman (no arms)	grasshopper kicks heel taps crunches amandaseghetti.com