

Session Goal

Improve upper-body mobility, coordination, and activation following stroke.

Warm-Up (8 –10 min)

- Seated shoulder shrugs – 10
- Arm circles (small) – 8
- Wrist rotations – 10

Main Exercises

Exercise	Sets	Reps	Key Coaching Cues	Regressions
Seated Arm Raises	2	6 – 8	Assisted if needed	One arm
Seated Band Pull-Apart	2	8	Slow control	No band
Assisted Shoulder Flexion	2	6	Pain-free	Passive assist
Seated Bicep Curl	2	8	Controlled	No weight
Seated Chest Press (Band)	2	6 – 8	Neutral wrist	Partial range
Hand Open/Close Drills	2	10	Full control	Fewer reps

For reference only. Trainers must adapt based on client needs and safety.