

SHOULDER HEALTH + DURABILITY

INTERNAL + EXTERNAL SHOULDER ROTATION: 1-2 minutes



UPPER ARMS PARALLEL
TO FLOOR, PRESS HEAD
AND RIBS TO WALL

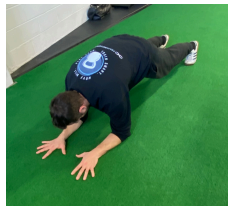


ONE ARM UP,
OTHER
DOWN, HOLD



SWITCH,
REPEAT

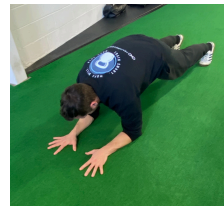
SCAPULAR PUSH-UPS: 8-10 reps



FOREARM
PLANK



SHOULDER
BLADES
TOGETHER

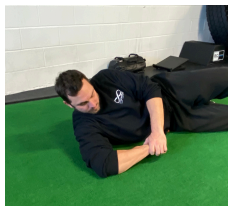


SHOULDER
BLADES APART,
REPEAT

CUBAN ROTATION VARIATION: 8-10 each side



UPPER
ARM ON
GROUND



LOWER TO
FLOOR



RESIST
PRESING
BACK UP



RESIST TO
FLOOR
OTHER
DIRECTION



REPEAT,
REPEAT
ON OTER
SIDE

SHOULDER RAISES 8-10 reps



SIT TALL,
REACH UP

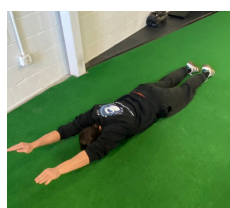


REACH HIGHER,
SHRUG
SHOULDERS

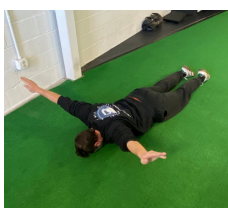


RETURN,
REPEAT

PRONE BREAST STROKE 8-10 reps



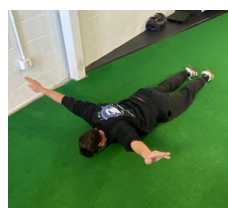
LIE PRONE, LIFT
ARMS OFF FLOOR



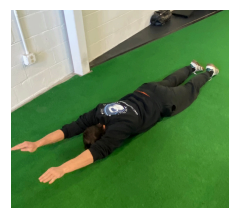
SWEEP
ARMS TO
SIDES



REACH
OVER LOW
BACK



SWEEP
ARMS TO
SIDES



RETURN,
REPEAT

PIKE SHOULDER EXTENSION 8-10 reps



STAND TALL,
PROUD CHEST



RAISE
ARMS

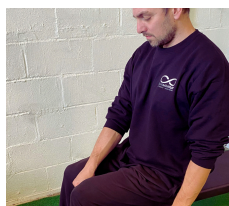


FOLD



RETURN,
REPEAT

THORACIC ROTATION 8-10 each side



PLACE A FIST
BETWEEN KNEES



REACH
OTHER ARM
FORWARD



ROTATE
TRUNK



RETURN,
REPEAT, REPEAT
ON OTHER SIDE



TrainMovePlay@gmail.com TrainMovePlay.com (859) 333-9402