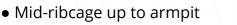


Shoulder Health Primer 1

Complete 1 round of this circuit before your workout to prime your shoulders for strength training.

Foam Roll: Lats

• 60-120 sec each side



• Pause in spots of tension







Foam Roll: T-Spine (Arms Overhead)

- 60-120 sec each side
- Length of entire ribcage
- Flex and extend spine 1-2 inches



Prone Fly

- 10-20 reps each way
- Arms as straight as possible
- Isolate movement at shoulder

Band Row

- 10-20 reps
- Pause 2 sec with band at chest
- Squeeze shoulder blades together

Band Tiger Walk

- 20 reps each way
- Arms stay straight
- Isolate movement at shoulders

Band Superman Pull-Apart

- 10-20 reps
- Arms stay straight
- Isolate movement at shoulders

Band Lying External Rotation

- 10-20 reps each side
- Elbow bent at 90 degrees
- Isolate movement at shoulder



- 10-20 reps
- Use light plates
- Squeeze shoulder blades together











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