

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
- Mid-ribcage up to armpit
- 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



Plate Pull to External Rotation

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

