

Shoulder Health Primer 2

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

Prone Fly

- 20 reps
- Full arm cycle is 1 rep
- Touch hands above head, behind back



Wall Angel

- 12 reps
- Keep back, elbows, and wrists against wall
- Work to extend range of motion



Band Row (3 sec out)

- 6-8 reps
- Pull band to mid-chest
- Take 3 full sec to straighten arms



Band Overhead Pull-apart (3 sec back)

- 6-8 reps
- Keep elbows straight, stretch arms wide
- Take 3 full sec to bring arms together



Band Pull to Face with External Rotation (2-sec pause)

- 8-10 reps
- Pull band to face, then rotate shoulders
- Pause 2 full sec at top



Scapular Pull-up (2-sec pause)

- 6-8 reps
- Keep elbows straight, isolate shoulders
- Pause 2 full sec at top



DB Bent Shrug (2-sec pause)

- 8-10 reps
- Keep elbows straight, shrug DBs straight up
- Pause 2 full sec at top



DB External Rotation (3 sec down)

- 6-8 reps
- Elbow bent, isolate rotation at shoulder
- Take 3 full sec to lower DB

