

Shoulder Health Primer (Bodyweight)

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

Wall Angel

- 10-20 reps
- Press entire back into wall
- Elbows and wrists against wall



Inch Worm

- 5-10 reps forward and back
- Hands and feet 6 inches apart
- Keep arms and legs straight



Quadruped T-Spine Rotation

- 10-20 reps each way
- Keep hips still
- Follow elbow with eyes



Scapular Push-up

- 10-20 reps to each extreme
- Arms stay straight
- Squeeze shoulder blades together



Judo Push-up

- 5-10 reps each way
- Chin, chest, belly touch floor
- Keep elbows in



Prone Fly

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



Swimmers

- 10-20 reps each way
- Keep trunk still
- Reach limbs far and high



Lateral Hip Bridge

- 10 reps each side
- Elbow directly under shoulder
- Squeeze lats (armpit muscles)

