

Rotator Cuff Injury Prevention Warm-up

Targeted activation for the muscles of the shoulder to help prevent injury and improve mobility. Complete one round, resting 10 seconds between movements.

TIME

6 minutes

EQUIPMENT

Band

1

Band Pull-Apart**30 SECONDS**

- Arms straight, at chest level
- Bring shoulder blades together



2

Standing Lat and Triceps Stretch**30 SEC EACH SIDE**

- Arm behind head, elbow bent



3

Band Overhead Pull-Apart**30 SECONDS**

- Pull arms down from overhead



4

Wall Angel**30 SECONDS**

- Press arms back against wall
- Reach arms up and down



5

Band Bent Row**30 SECONDS**

- Back flat and parallel to floor
- Bring band to chest



6

Prone Fly**30 SECONDS**

- Sweep arms above/behind
- Keep continuous motion



7

Band Upright Row**30 SECONDS**

- Band under feet
- Elbows high, pull straight up



8

Plank with Shoulder Touch**30 SECONDS**

- Alternate shoulder touches



9

Band Alternating Pull-Apart**30 SECONDS**

- Pull one arm back at a time

