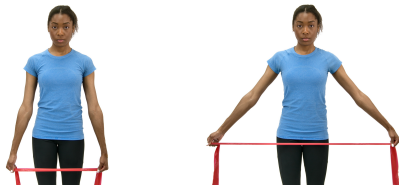


Notes :

Shoulder pre pool set 1

1 Shoulder abduction initiation



Grab a rubber band with both hands.
Take up tension with good posture
small range straight arm abductions leading with thumbs
Only go a small range
30-50 seconds
2 sets

2 L-Y-W



Raise your shoulders and arms off the floor.
Start with your arms straight out overhead (L position). Then move your arms away from the centre line to a Y position.
Then bend the elbows and squeeze the shoulder blades together to create a W position with the arms, and lift your chest a little further off the ground.
Return to the L position to start again. This exercise is performed slowly holding each position as recommended.
30-60 seconds 2 sets

3 External rotation, 90° abduction



Stand and tie an elastic in front of you at shoulder level.
Hold the end of the elastic, bend your elbow to 90 degrees, and lift your arm out to the side to 90 degrees.
Pull the tip of your shoulder backwards while you rotate your forearm upwards, keeping your elbow bent.
Slowly return to the initial position and repeat.
30-60 seconds 2 sets

4 One arm elastic row



In a split stance position, bend over with your back straight.
Step on one end of a band and hold the other end in your hand.
Row the band without rotating the trunk.
Keep the shoulder back and the chest up.
Keep the head still during the movement.
Repeat with the other side
30-60 seconds
2 sets

Notes :

Shoulder pre pool set 1



1 Shoulder abduction initiation

GEN538746



2 L-Y-W

GEN193525



3 External rotation, 90° abduction

GEN2540



4 One arm elastic row

GEN120904