

Notes :

Shoulder pre pool set 1

1 Blackburns



Lie on your stomach, face down with your arms overhead in a Y shape with thumbs pointing upward.
Lift your elbows and hands off the ground, while pulling your shoulder blades down and back. Let your arms down slowly. Repeat for prescribed repetitions.
Then lower your arms to shoulder level, making a T shape.
With the thumb facing upwards, lift the arms off the ground.
Repeat the movement for the prescribed repetitions.
Then move your arms by your sides with palms facing up.
Slowly lift your arms off the floor.
Repeat for the prescribed repetitions.

2 Scap push-up



In a push-up position, retract the scapula and let yourself drop toward the floor (keeping the lower back and hips straight) without any movement at the elbow or shoulder joint.
Protract the scapula and reverse the motion to go back to the starting position.
Do not drop the head as you lower yourself.
Do not arch the lower back.

3 Row to press



Start in a standing position with a band anchored ahead of you at chest level and your arms extended forward and holding the band.
Keeping your arms parallel to the floor and your shoulder blades pulled back and down, perform a row.
At the end range of the row, externally rotate the arms, so that the forearms are now perpendicular to the ground.
Press the arms overhead, then slowly reverse the movement to return to the start position.

4 Overhead abduction



Hold band on short length overhead
pull shoulder blades back and down and pull band apart at same time.
Make sure shoulders stay away from ears (good scapula position)

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1 Blackburns



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2 Scap push-up

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3 Row to press

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4 Overhead abduction

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