# SCALING GUIDE

## THE SHOULDER SCALING GUIDE

CROSSOVER SYMMETRY

Shoulder pain is all too familiar in the gym. You know pushing through is not the solution. It can turn that nagging ache into a chronic issue.

But taking extended time off to let your shoulder heal will take your fitness two steps backwards. Negating all your hard work.

So you put your emotions & ego aside...and scale.

This is the right choice to cutting out the pain. And paired with a corrective program, like Crossover Symmetry, you will be back quicker and on track to preventing future issues.

But there is a right way to scale.

Use this guide to get back to doing every exercise in the gym fast - without fear of running into shoulder issues or pain.

# SCALING 101 ///

Ideally, when you scale a movement you will preserve the stimulus the non-scaled exercise creates ( i.e. you work the same muscles in similar movement patterns). This keeps the goals of the training program in tact and keeps you moving forward.
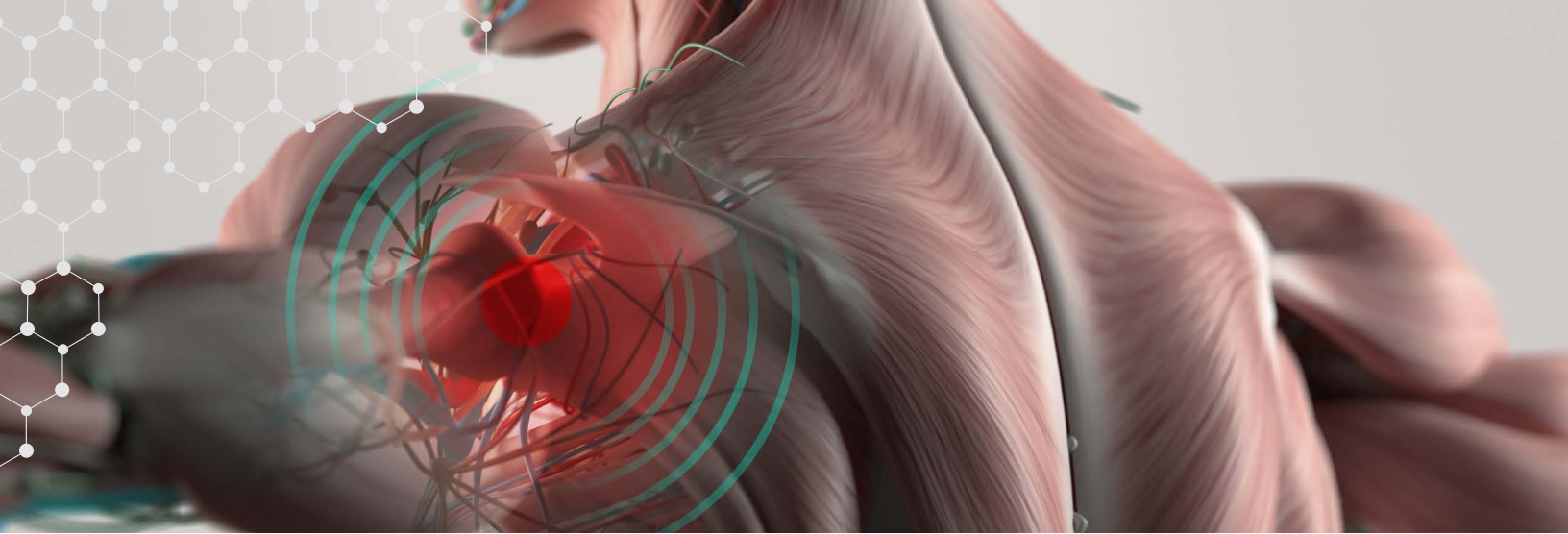
**Our philosophy for scaling is:**

**Scale Down**

**Scale Up**

**Scale Around**

The #1 guide to choosing whether you Scale Down, Up or Around is pain. Avoid pain at all costs.

# SCALING DOWN ///

Use the same movement but at a lower resistance. This is the common scaling choice but many times leads to poor results. Either the lighter weight is not challenging and doesn't preserve the intended stimulus. Or what seemed easy to start the WOD, quickly gets too difficult and pain, poor form and poor movement is the result.

# SCALING UP ///

This may seem counterintuitive, but it actually works. Scaling up means choosing a variation of the movement that is inherently less stable. This does a number of things:

1. Adds an increased stimulus even with a lighter load.

2. Works around mobility restrictions.

3. Requires more control through the movement.

4. Better trains stability, often a missing link with shoulder pain.

Scaling Up can get you back to doing the non-scaled exercise fast. However, you should only Scale Up if you have the mobility to do the movement correctly. If you can't do the movement correctly, you can't Scale Up.

# SCALING AROUND ///

With Scale Around, you apply a different movement that works similar muscle groups while avoiding pain. This approach can be a great way to incorporate new movements into a training program and target areas that are neglected.

Scaling Around, like all scaling for pain has limitations and is a signal that you need to add a shoulder development program like Crossover Symmetry to your training.

# EXERCISE ///

Videos of each scaling option can be found at:
**crossoversymmetry.com/scaling-for-shoulder-pain/**

| EXERCISE MOVEMENTS | SCALE DOWN | SCALE UP | SCALE AROUND |
|---|---|---|---|
| **Wall Balls/ Thrusters** | Drop weight* | Dumbbell Press (2 arms or 1 arm**) | Weighted Hip Thrust |
| **Jerk** | Drop weight* | DB/ KB Overhead Carry | Dumbbell Jump Squat |
| **Push Press** | Drop weight* | Dumbbell Press (2 arms or 1 arm**) | Standing Landmine Push Press |
| **Strict Press** | Drop weight* | Dumbbell Press (2 arms or 1 arm**) | Kneeling Landmine Press |
| **Overhead Squat** | Drop weight* <br> Overhead Lunge / Overhead Carry | Overhead Stability Lunge/Carry | Turkish Get-Up or Walkout |
| **Snatch** | Drop weight* <br> (Use snatch progressions such as Snatch Balance or Snatch Drop as needed) | Dumbbell Snatch | Dumbbell Squat Jump |
| **Pull-Ups** | N/A | Strict (use band or leg assisted if needed) | Ring Rows |
| **Push Ups** | N/A | Incline Ring Pushups | Front Leaning Rest |
| **Dips** | Shorten ROM, sub boxes or bars in place of rings | Incline Ring Pushups | Standing Skull Crusher on rings or with bands |

*At too light a weight the intended stimulus is not there and the results won't come.

**If pain with 2 arms, try 1 arm at a time.

# NON-SHOULDER
## INTENSIVE MOVEMENTS ///

| EXERCISE MOVEMENTS | SCALE DOWN | SCALE UP | SCALE AROUND |
|---|---|---|---|
| **KB Swings** | | | Russina KB Swings or Trap Bar Deadlift (Explosive) |
| **Back Squats** | These movements are not shoulder intensive but can trigger shoulder issues when getting into and out of the movement or using common, modified techniques.<br><br>In those cases, Scale Around is the best option with the incorporation of a Shoulder Program like Crossover Symmetry's 30 Day Shoulder Fix to address the mobility/ stability issues that are present. | | Safety Squat or Front Squat or Heavy Farmer Carry |
| **Front Squat** | | | Back Squat or Farmer Carry |

# A PROVEN PROCESS FOR DOING EVERY EXERCISE WITHOUT SHOULDER PAIN

Scaling for pain is great for maintaining your level of fitness and continuing to workout with your class. However, the harsh truth is:

**If you are scaling due to pain - you have a shoulder issue that needs to be addressed and corrected or it will keep coming back.**

That might be frustrating to hear, but rest assured, scaling to avoid pain is an important first step toward healthy, pain-free shoulders.

In fact, it is Step 1 of a proven 3 Step Process for Rehabbing Shoulders and Pushing Performance in the Gym.

**1** — **Get Ahead Of The Pain**

**2** — **Fix The Cause**

**3** — **Train Like A Pro**

This 3 Step Process is the foundation of a medically designed 30 Day Shoulder Fix Program that you can download on Crossover Symmetry's website.

**Please go to:**

**http://crossoversymmetry.com/30DayFix/**

**To learn more & download the 30 Day Shoulder Fix.**