













Shoulder Series Program: Foundational (Shoulder 1)

<p>Mobility</p> <p>Purpose: increase shoulder mobility to counteract tight posture and breathing restrictions</p> <p>Key Points: included hip mobility to help with low back involvement</p>	 <p>Arms wide with lower leg rotation to ground</p>	 <p>Quadruped, chest and shoulder figure 8 rotation</p>	 <p>Child pose with arm thread under body</p>
<p>Strength</p> <p>Purpose: learn shoulder weight distribution to help with diving, falling, getting off ground and to protect your shoulder under pressure</p> <p>Key Points: keep hips up</p> <p>3 sets x 10 reps</p>	 <p>Push up position, touch board to ground on all edges</p>	 <p>Side placed Half Ball, twist board overhead to hip</p>	 <p>Inchworm walk feet from push-up position to board</p>
<p>Endurance</p> <p>Purpose: awareness of position and strength of rotator cuff and shoulder depression to prevent front rounding</p> <p>Key Points: maintain shoulder blade squeeze</p> <p>4 reps x 15 second holds</p>	 <p>Side placed Half Ball, cross leg over top of knee, hold dip position</p>	 <p>Tippy toe stance, bent elbow weight hold</p>	 <p>Superman, hold one arm forward, hold one arm backward, lift leg</p>
<p>Recovery</p> <p>Purpose: release front and side musculature that leads to poor posture and shoulder pain from overworked front side and a weak backside</p> <p>Key Points: add arm motion for deeper release</p>	 <p>Lat/posterior armpit</p>	 <p>Chest with arm sweeping movement</p>	 <p>Spine and shoulder blade release with arm movements</p>

Shoulder Series Program: Advanced (Shoulder 2)

<p>Mobility</p> <p>Purpose: increase ribcage mobility for better reaching and ease of breathing</p> <p>Key Points: included hip mobility to help with low back involvement</p>	 <p>Pigeon, arm reach overhead, roll hips side to side</p>	 <p>Cobra, lift hips off ground, head and shoulder rotation</p>	 <p>Bridge with hands together, push hands into ground</p>
<p>Strength</p> <p>Purpose: scapular control and mechanics for better overhead activity and pain reduction</p> <p>Key Points: focus on smooth shoulder blade movements</p> <p>3 sets x 10 reps</p>	 <p>Left and right board swings, hold position at end for 1 second</p>	 <p>Dip position, twist board under body, press feet into ground</p>	 <p>Diagonal board swings, hold position at end for 1 second</p>
<p>Endurance</p> <p>Purpose: extended arm positions help stamina for sustained work overhead, reaching, driving, holding kids or cleaning</p> <p>Key Points: maintain shoulder blade squeeze</p> <p>4 reps x 15 second holds</p>	 <p>Squat stance, hold arms up in I, Y, T positions</p>	 <p>Hold weight behind head, lift one leg</p>	 <p>Quadruped with knees off board, raise arm and hold</p>
<p>Recovery</p> <p>Purpose: release front and side musculature that leads to poor posture and shoulder pain from overworked front side and weak backside</p> <p>Key Points: add arm motion for deeper release</p>	 <p>Lat/posterior armpit</p>	 <p>Chest with arm sweeping movement</p>	 <p>Spine and shoulder blade release with arm movements</p>