

Shoulder/ Scap Strength

Directions: Select One of the Series Below

Series 1

Plate Y, T, W, A's

2 sets of 4 each way, 2 sec pause at the top

Plate Lying Internal/External Rotation

2 sets of 5 each

Plate Empty Cans

2 sets of 8, Thumbs pointed down

Pizza Pies

2 sets of 6

2-Way Shoulder Raise

2 sets of 6 each way

DB Protraction/ Retraction

2 sets of 8 each

Series 2

TRX I, Y, T'S

2 sets of 4 each way

TRX External Rotation

2 sets of 6

TRX Face Pulls

2 sets of 8

Scap-Ups

2 sets of 8

Wall Slides

2 sets of 6

Bottoms Up KB Carry

2 sets of 15 yds each arm

Series 3

Skiers

2 sets of 5

Scarecrows

2 sets of 5

Band Row to Rotate

2 sets of 4

Band Face Pulls

2 sets of 12

Band Pull Apart

2 sets of 10

Band No Money

2 sets of 8