

***PREHAB***

# ***WORKOUT***

## ***GUIDE***

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# PREHAB ROUTINE GUIDELINES

This PDF is designed to act as a supplemental resource for you to refer to while you're at the gym. I would highly suggest reading over the "prehab" chapter within your program to get a better understanding of why this routine is designed the way it is. I would also strongly advise that you watch the tutorial videos for each exercise within this routine (located within the prehab chapter) in order to ensure you're performing them properly.

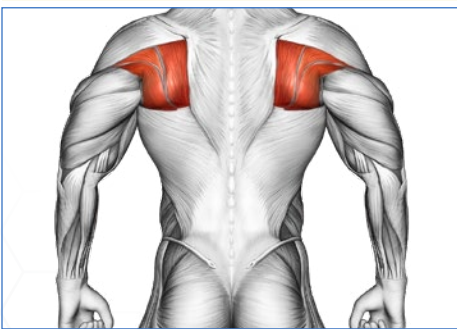
The prehab routine we'll be using is designed to target and strengthen 3 muscles (the lower traps, rotator cuff muscles, and the glute medius) that when underdeveloped are the most common causes of aches/pains/injuries down the road – specifically knee, lower back, and shoulder pain.

And since these muscles often become underdeveloped in most people (due to the fact that you're likely not training these muscles adequately through your weights routine), it becomes imperative that you consistently use this prehab routine to keep these muscles strong and healthy relative to the rest of your muscles in order to prevent injury in the long run (and to indirectly help with many of your lifts and muscle activation!).

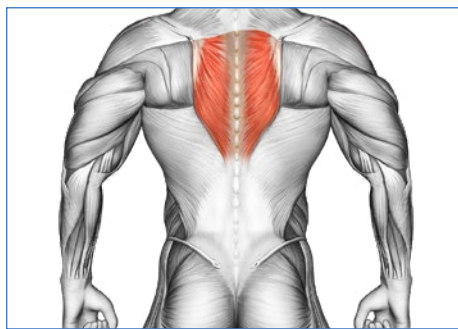
And as explained in your course, the prehab routine you'll use is designed to be performed **at least 2x per week**. If however you can do this routine consistently for 3-4x/week then by all means go for it!

**When** you choose to do your prehab routine is completely up to you. It only takes ~10 minutes or so to complete and can easily be done at home. I'd suggest training them on a rest day with your cardio/abs routine OR after two of your workouts throughout the week OR anytime at home – whichever you'll be most consistent with.

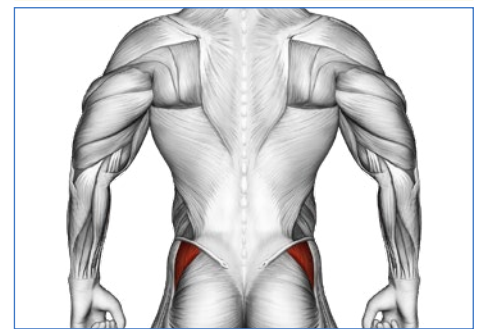
**ROTATOR CUFFS**



**LOWER TRAPS**



**GLUTE MEDIUS**



# THE PREHAB WORKOUT

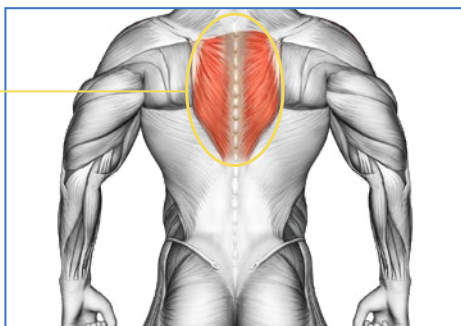
EXERCISE	SETS	REPS	NOTES
Wall Slides	2	10-15	Avoid arching back, press arms upward, stay in contact with wall.
Prone Arm Circles	3	8-15	Avoid arching back, keep arms extended, relax upper traps.
Dead Hangs	3	~10-60 second hangs	Overhand shoulder-width grip, relax every muscle.
Lateral Band Walks	3	10-15 per side	Mini-band around ankles, take small steps laterally, maintain athletic stance.
Side Lying Hip Abduction	2	10-15 per side	Lie on side, lift upper leg slightly into the air, wrap mini-band around ankles for extra resistance.

Take ~30-60 seconds of rest between each set or as needed.

# THE WORKOUT

## E1: WALL SLIDES

### TARGET: LOWER TRAPS



### STEP 1 (SETUP)

Stand with your back against a wall and feet together. Flatten your back against the wall by contracting your abs. Raise your arms up against the wall such that your elbows are at 90 degrees – your butt, back, elbows, shoulders, and head should all be making contact with the wall.

### STEP 2 (SLIDE)

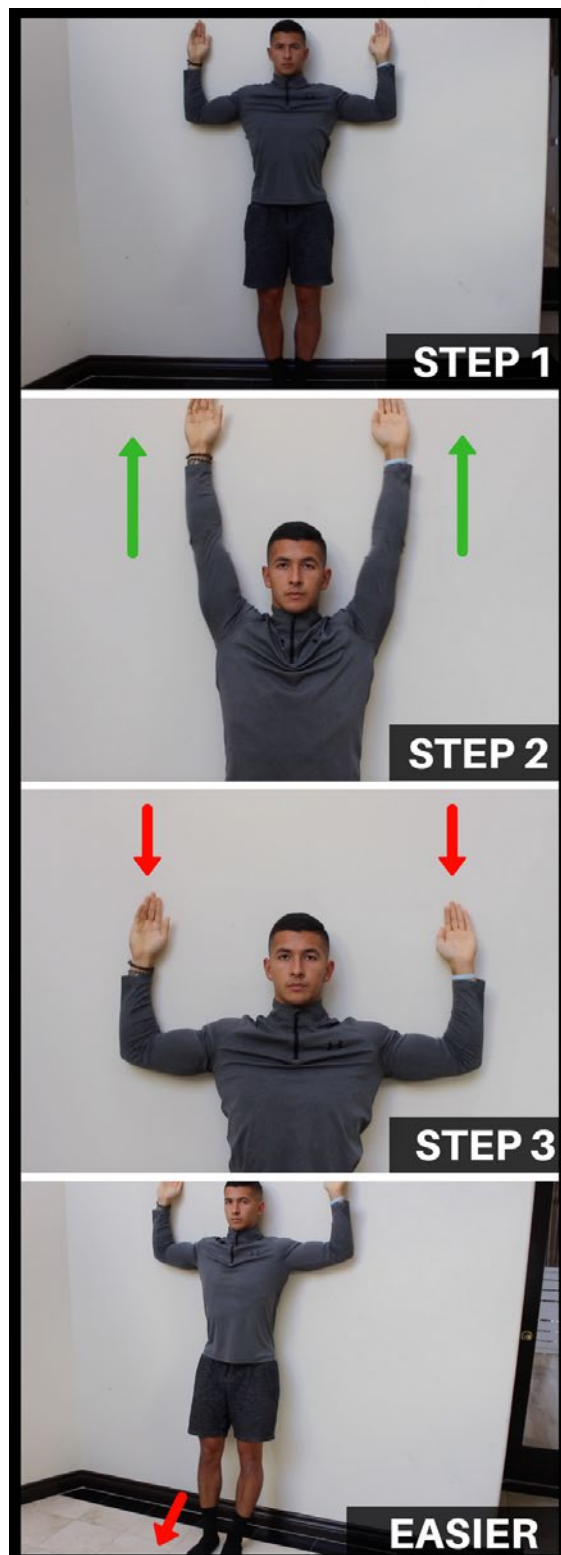
Next, slowly slide your arms up along the wall as you would in a “shoulder press” while keeping everything in contact with the wall. You should feel a strong contraction in the middle of your back along both sides your spine as you do so. Raise as far as you can go without excessively arching your lower back.

### STEP 3 (RETURN)

Slowly return to the starting position and then repeat.

### OPTIONAL (EASIER)

To make it easier, you can move your feet further away from the wall such that your butt does not touch the wall OR perform them on the ground if needed.

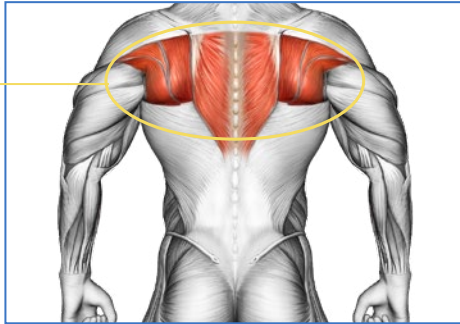




# THE WORKOUT

## E2: PRONE ARM CIRCLES

**TARGET:**  
**LOWER TRAPS**  
**& ROTATOR CUFFS**



### STEP 1 (SETUP)

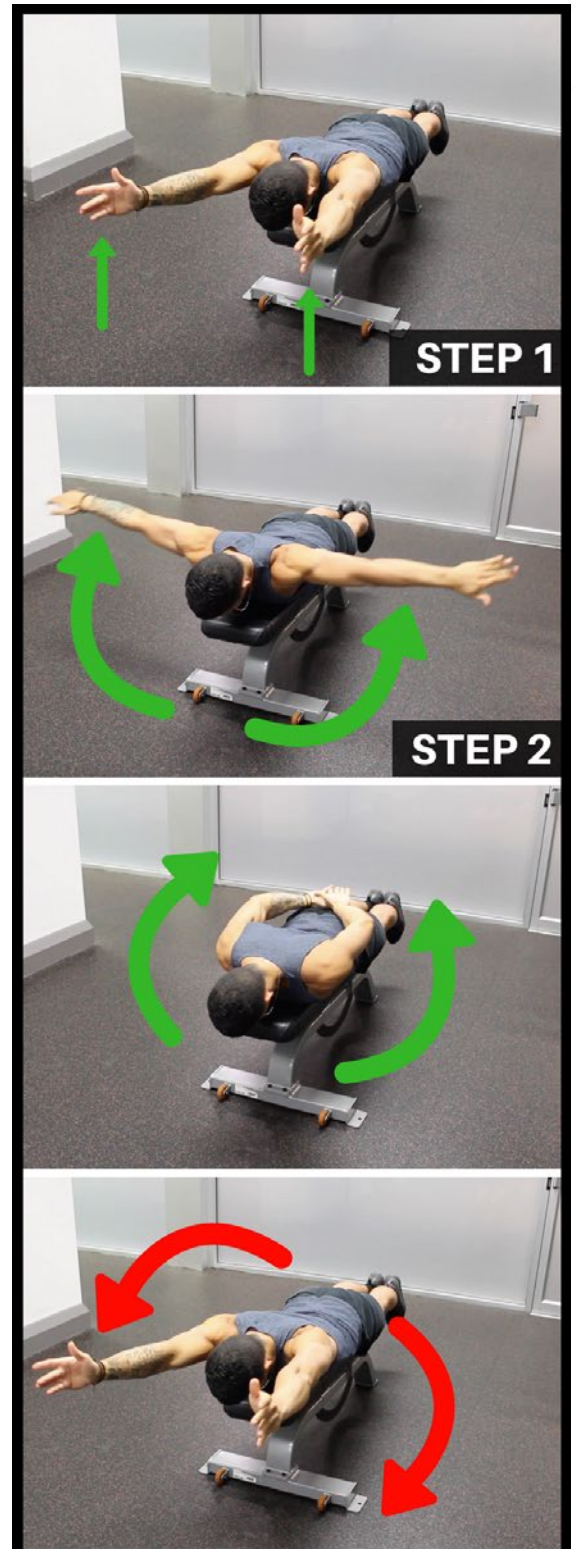
Lay with your stomach on the ground or on a flat bench (the bench will be the easier option to start out with). Move into posterior pelvic tilt by contracting your abs and flexing the glutes. Lift your arms slightly off the ground and extend them forwards with your thumbs up while focusing on keeping your upper traps as relaxed as possible.

### STEP 2 (ARM CIRCLE)

While keeping your arms extended and slightly elevated, move them in a circular motion down towards your back while rotating your hands such that your palms face up when in the back position.

Then, move back in the same circular motion to the starting position with your thumbs facing up. This is one rep. Avoid excessively arching your lower back as you perform the movement. You should feel tension in your mid-back and shoulder area.

*You can progress this movement by doing more reps or adding weight by holding light weights in your hands. But this should only be considered once you feel 100% comfortable performing 15 reps without tensing much in your upper traps.*



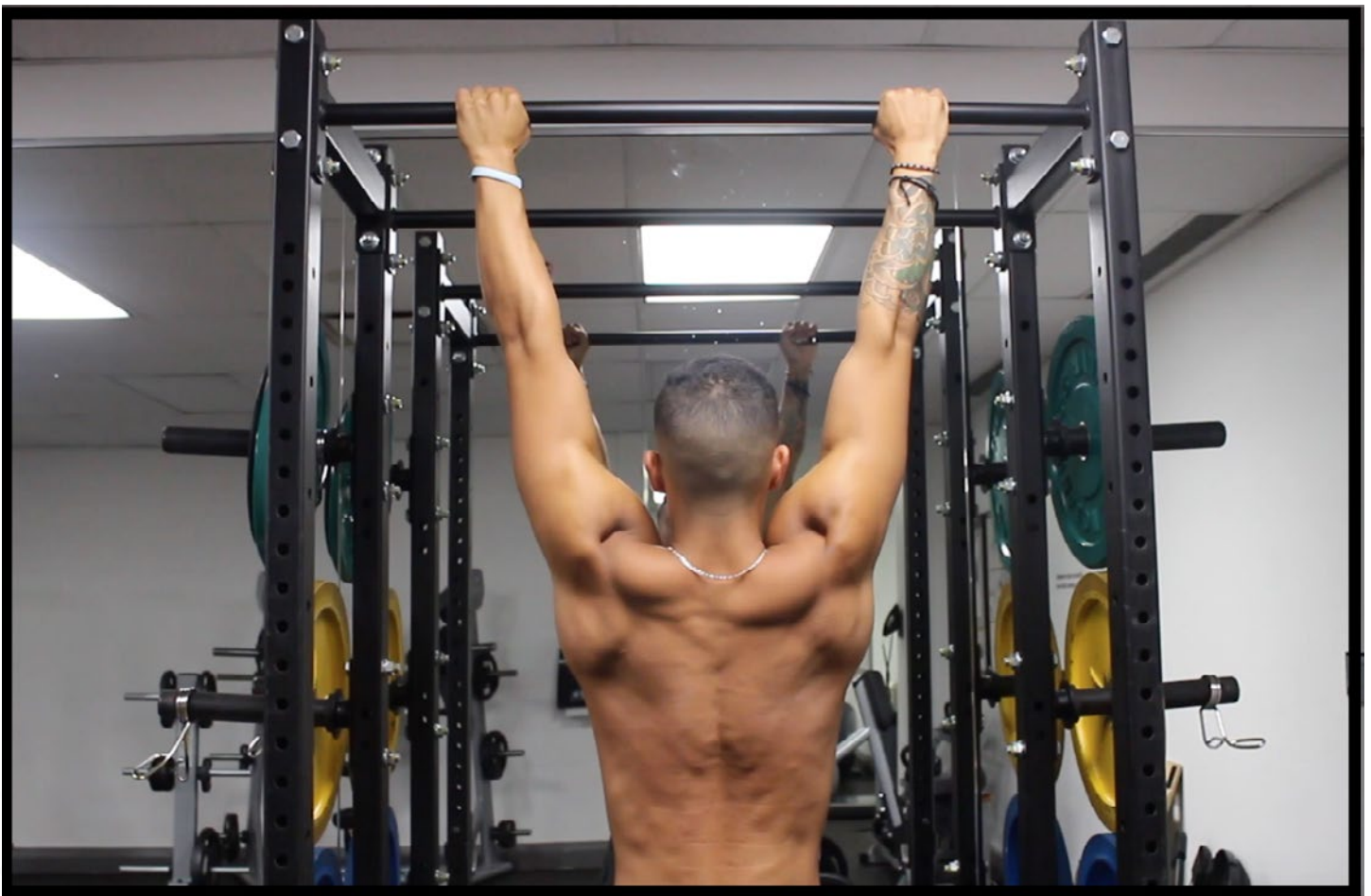
# THE WORKOUT

## E3: DEAD HANGS

*This is more of a mobility exercise to lengthen commonly overactive muscles, however will also act to strengthen your shoulder/scapular stabilizers as well as grip strength*

### HOW

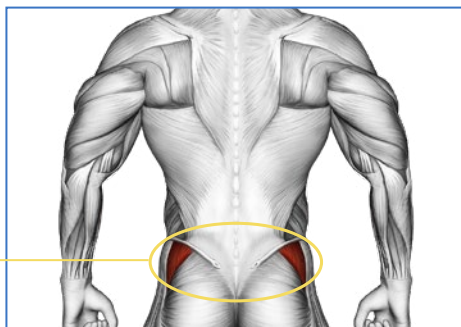
Using an overhand shoulder-width grip, ang onto a pull-up bar or any bar that you can hang from, and simply hang – focus on relaxing every muscle as you hang. Your traps should not be tense and your shoulders should be relaxed such that they rise towards your ears.



# THE WORKOUT

## E4: LATERAL BAND WALKS

**TARGET:  
GLUTE MEDIUS**



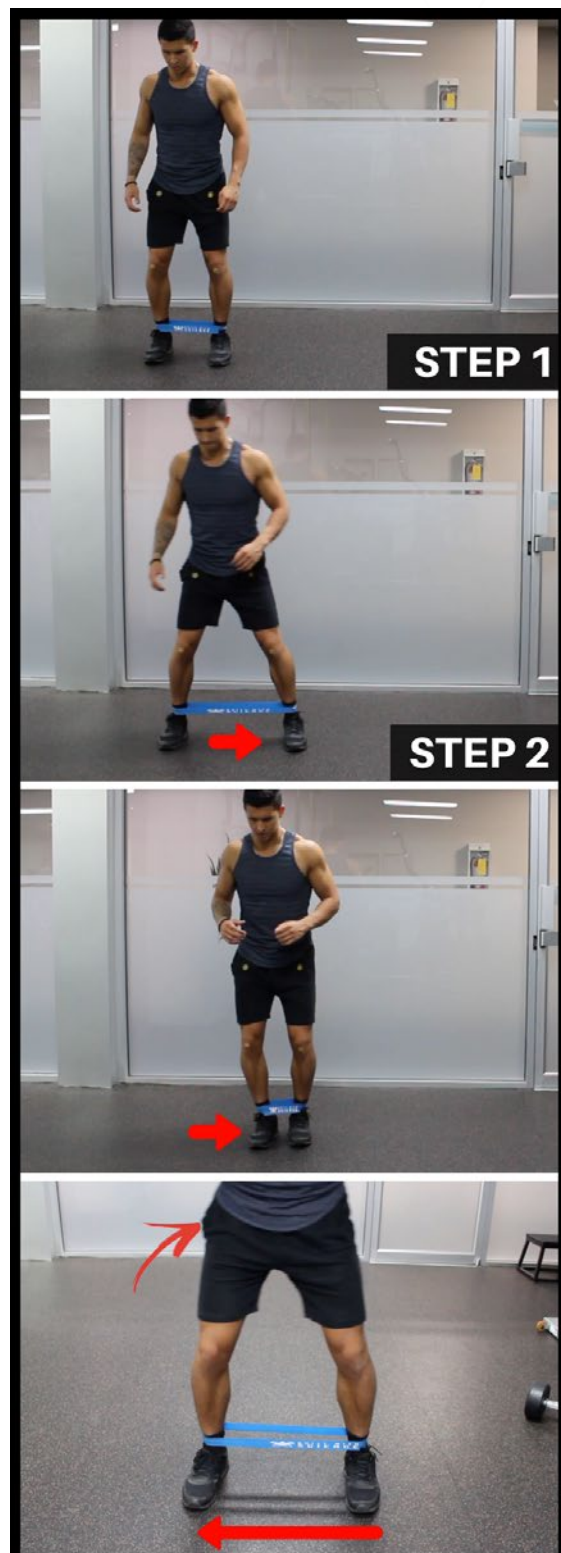
### STEP 1 (SETUP)

Stand and place the mini band around your ankles. Get into an athletic stance with your feet hip-width apart and your knees slightly bent.

### STEP 2 (LATERAL STEPS)

Take a small (6 inch) lateral step with one leg, then follow with another small step with the other leg. Repeat this series of small steps while keeping constant tension in the band. Then repeat again in the opposite direction. Ensure that your upper body does not sway as you perform this movement. Keep your core tight, upper body facing straight and take each step in a controlled manner.

You should feel a strong contraction in the side of your hip if done properly. For example, if you were stepping to your right, you should feel tension in the upper right side of your hip.

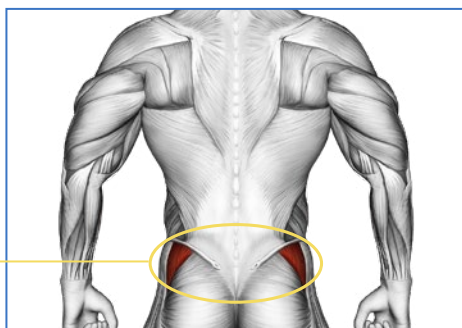




# THE WORKOUT

## E5: SIDE LYING HIP ABDUCTION

**TARGET:  
GLUTE MEDIUS**



### STEP 1 (SETUP)

Lie on your side on a mat/floor with your legs extended straight away from your body. Stack your feet on top of each other.

### STEP 2 (RAISE)

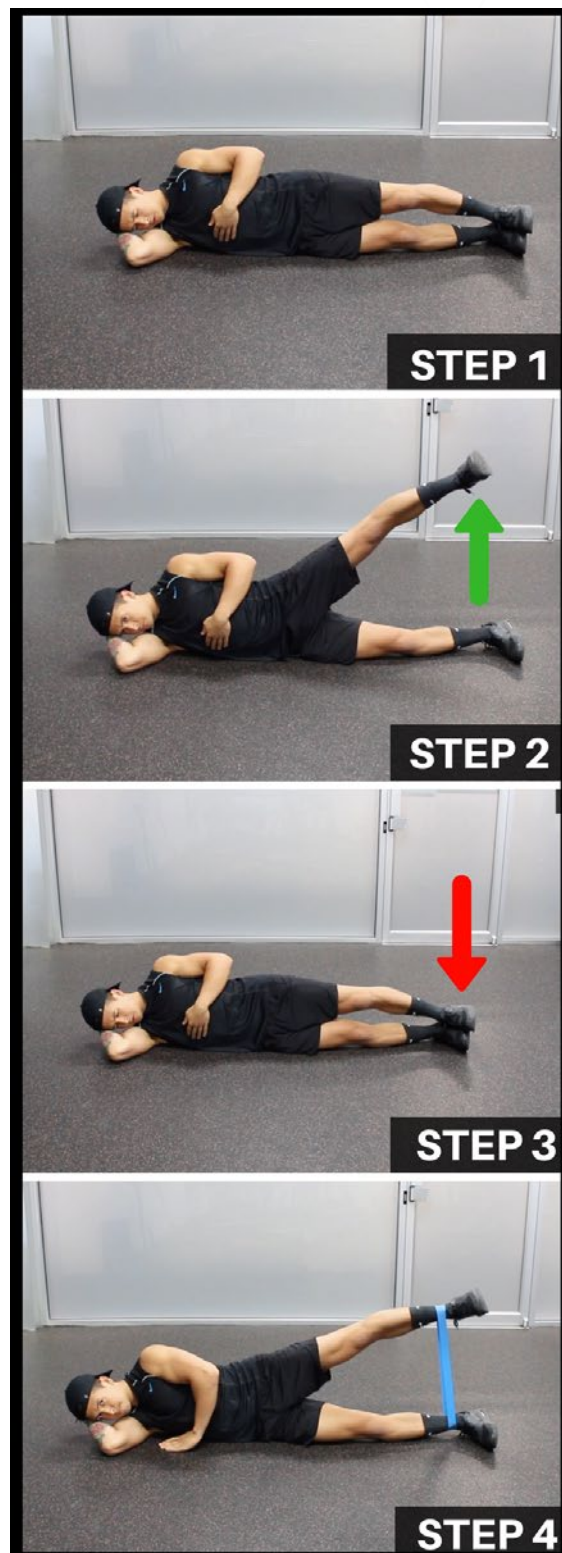
Slightly raise your upper leg up off the lower leg almost as high as you can go.

### STEP 3 (LOWER)

Lower the leg back down in a controlled manner to the bottom position, then repeat for another rep while keeping constant tension in your hip. You should feel tension in the upper side of your hips or upper glutes area of the leg that you're raising.

### STEP 4 (PROGRESS)

To progress this exercise, I'd suggest placing your mini band around your ankles and performing the movement against the resistance.



# DISCLAIMER

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Please note the following:

- any and all exercise that you do as a result of what you read in this PDF shall be performed **solely at your own risk**;
- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used **solely at your own risk**; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed **solely at your own risk**.

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