



Cable External Rotation

Keeping elbow bent to 90 degrees, against the body and keeping the shoulder down, hold handle of cable and rotate outward in a controlled movement. Return to start.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Standing depressions

Shoulders back, chest out and arms straight at your sides. Start by very slightly raising the shoulders and then squeeze your shoulders downward. Repeat

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



1 Arm Stiff Pushdown

Stand holding cable handle in 1 hand with arm extended out in front of body. Push arm down, keeping it close to the body. Repeat.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Cable Hamstring Curl

Stand with one foot on wood block and other foot with cable attached. Bring foot back and contract the hamstring. Return to start under control.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



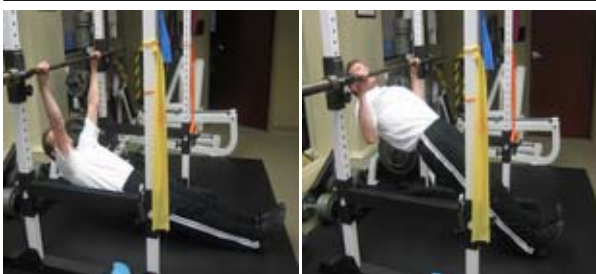
Chest Press - Ball

Lying on back over ball in a bridge position with weights raised up over chest, palms facing downward. Keep shoulder blades back and down, elbows slightly bent and maintain an abdominal hollow. Lower weights down straight down toward chest until elbows are level with ball. Push weights straight back up to start position and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Modified Pull up

Grip bar with both hands using an overhand grip, keeping heels on floor and abdominals tight. Relax arms and drop down, pull body back up so chest is almost touching bar and repeat.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Reverse Flys - Incline Bench

Kneeling on incline bench holding weights straight down, palms facing each other. Raise arms up in an arc like motion, squeezing through the mid back. Keep elbows slightly bent and palms facing in. Hold, lower with control and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Hip Hinge

A: Correct: Keep spine straight by hinging at the hips.

B: Incorrect: Spine bends forward putting low back in a harmful position.

Hold pole against back of head and tail bone Once the pole breaks from the body clients not using their hips. Client may bend knees to get lower. Master this before doing any weights. This is not so much a test its just a way for you to see how poor bending mechanics are.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Med ball twist

Lie on foam roller with feet on the floor and holding med ball. With arms straight and keeping neutral spine and back on foam roller, move med ball from side to side. tip the hip with the shoulder to avoid twisting back. Return and repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Field Goals

Place dyna disc under chest and have arms hang relaxed.
Actively retract shoulder blades.
Extend the elbow to 90 degrees. The elbows should be flexed to 90 degrees.
While remaining scapular retraction, externally rotate the shoulders to 90 degrees.
Then depress the shoulders.
To strengthen the external rotators of the shoulder.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



No Rotation transverse cable chop

Grasp handle of cable with both hands keeping abs tight and shoulders down, twist from the hips while pulling cable straight across your body.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wall Slide / Arm Elevation

Stand with back against a wall with head touching wall and chin tucked in. Place feet a few inches away from the wall and raise arms above head. Squat body down the wall keeping arms elevated. Keep low back flat on wall with just a finger space. Actively exhale while performing squat to feel a stretch in the mid back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Side Bridge - Forearm

Lying on side with legs out straight (feet staggered) keeping, hip and shoulder in line. Support upper body on forearm, placing elbow directly under shoulder. Raise hip up off floor brace core maintain a neutral spine and hold. Avoid rotating forward or backward.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

To improve core strength.

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Opposite leg arm raise

Lie back on foam roller. extend one leg and opposite arm out. Brace abdominals and hold position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Upper Back 'Cat'

From a hands and knees position, raise forearms up onto a low stool. Let upper body drop down through arms as if to sink spine into the body. Spine should sink through the shoulder blades, not arch at the low back, keep it neutral. Relax into the position, breath and return to start.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: