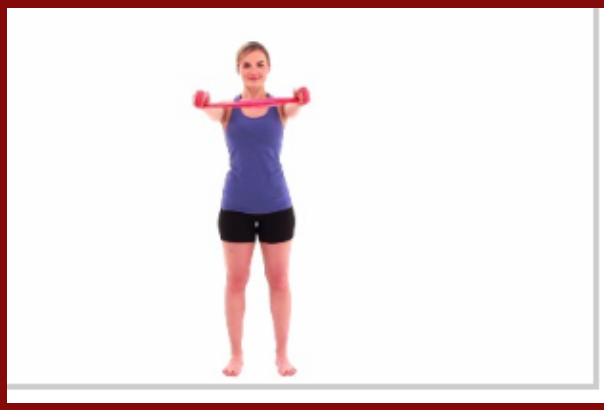
SHOULDER PREHAB

1. STANDING SHOULDER DIAGONAL HORIZONTAL

20 REPS





- Start with arms at shoulder height and band pulled shoulder width apart.
- Pull apart in a diagnonal motion and control return

2. SHOULDER INTERNAL ROTATION

20 REPS



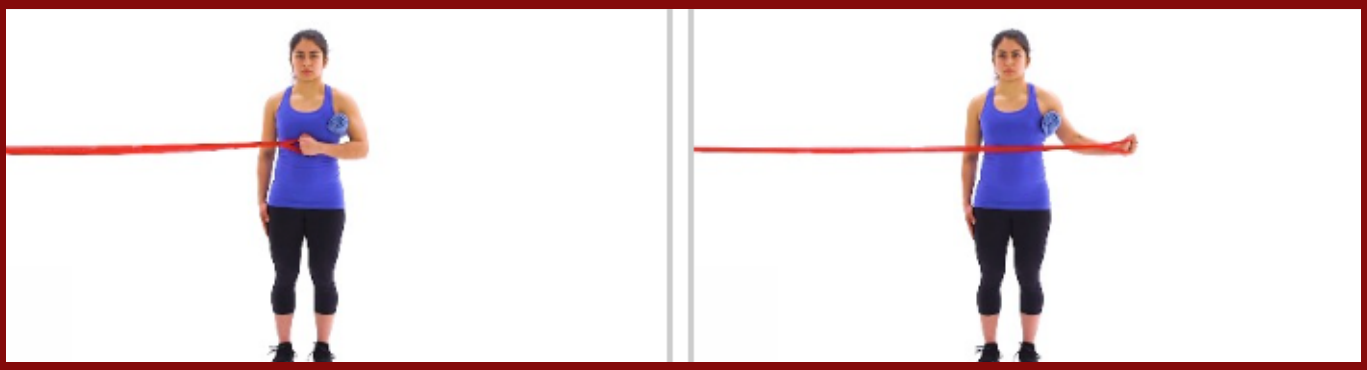


- Band will be attatched to fence or pole
- Arm is bent at 90 degree angel
- Pull band towards you and controll back

SHOULDER PREHAB

3. SHOULDER INTERNAL ROTATION

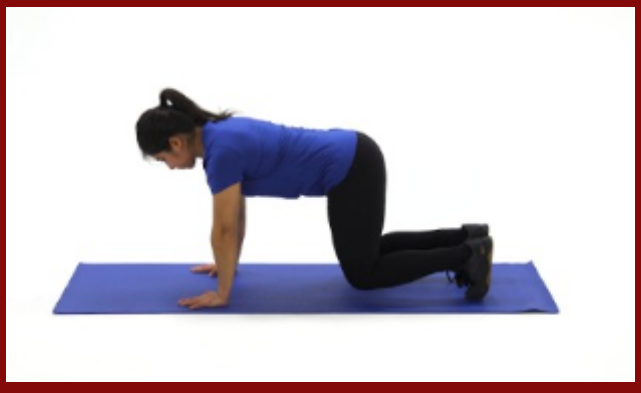
20 REPS



- Band will be attached to fence or pole
- Arm is bent at 90 degree angle
- Pull band away from you and control back

4. BEAR PLANK

2X30SEC



- Start in quadraped position
- Lift knees off of ground and hold position keeping core tight

5. PLANK WITH SIDE TO SIDE SHIFTS

2X30SEC



- Keep back flat and core engaged
- Shift torso side to side