

BRHLL STRENGTH & CONDITIONING PROGRAM

SHOULDER WARM-UP

| | |
|--------|--|
| 5 EACH | SIDE RAISES TO "T" POSTION |
| 5 EACH | SIDE RAISES TO OVERHEAD |
| 5 EACH | ARMS EXTENDED @ SHOULDER HEIGHT TOUCH HANDS IN FRONT |
| 5 EACH | FRONT RAISES |
| 5 EACH | FRONT RAISES TO OVERHEAD |
| 5 EACH | SUPERMAN TO SIDE "L" POSITION |
| 5 EACH | SIDE "L" TO FRONT ROTATE ARMS |
| 5 EACH | FRONT CURL RAISES |
| 5 EACH | SHOULDER SHRUGS |
| 5 EACH | SHOULDER SHRUGS ROTATE - FRONT |
| 5 EACH | SHOULDER SHRUGS ROTATE - BACK |
| 5 EACH | WINDMILL - FRONT |
| 5 EACH | WINDMILL - BACK |
| 5 EACH | LYTP SHOULDER STRETCH & WARM-UP |