

BRHLL STRENGTH & CONDITIONING PROGRAM

SHOULDER WORKOUT

1 STATION X 2 ATHLETES (DO EACH MOTION 3X FOR 5 REPS - ALTERNATE ARMS)

MOTION 1	W/ BACK TO "HOOK" - KEEP RIGHT ARM CLOSE TO RIGHT SIDE OF BODY & W/ ELBOW @ 90, HOLD HANDLE & EXTEND ARM FORWARD UNTIL STRAIGHT
MOTION 2	W/ RIGHT SHOULDER TO "HOOK" - W/ ARM IS SAME POSITION AS ABOVE, HOLD HANDLE IN RIGHT HAND, AND BRING ACROSS BODY UNTIL WRIST TOUCHES BELLY
MOTION 3	W/ FACE TO "HOOK" - KEEP RIGHT ARM CLOSE TO RIGHT SIDE OF BODY & W/ ELBOW @ 90, HOLD HANDLE & PULL ARM BACKWARD UNTIL HAND IS EVEN W/ BODY
MOTION 4	W/ LEFT SHOULDER TO "HOOK" - W/ ARM IS SAME POSITION AS ABOVE, HOLD HANDLE IN RIGHT HAND, AND "OPEN" ARM AWAY FROM BODY AS FAR AS RANGE OF MOTION WILL ALLOW
MOTION 5	W/ BACK TO "HOOK" - EXTEND ARM OUT TO SIDE EVEN W/ SHOULDER, RAISE ARM @ 90 AND HOLD STRAP IN RIGHT HAND, ROTATE HAND FORWARD AS FAR AS RANGE OF MOTION WILL ALLOW
MOTION 6	W/ FACE TO "HOOK" - EXTEND ARM OUT TO SIDE EVEN W/ SHOULDER, RAISE ARM @ 90 AND HOLD STRAP IN RIGHT HAND, ROTATE HAND BACKWARD AS FAR AS RANGE OF MOTION WILL ALLOW