



Shoulder Conditioning Options

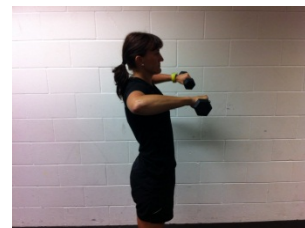
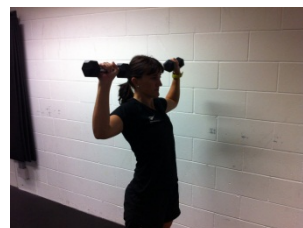
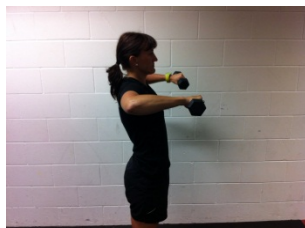
Pick 3 exercises and complete 3 sets of 15 reps of each
D/b swims



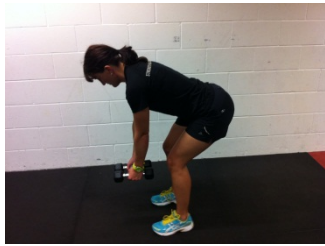
YTW



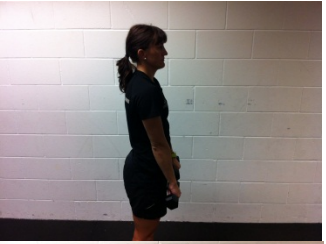
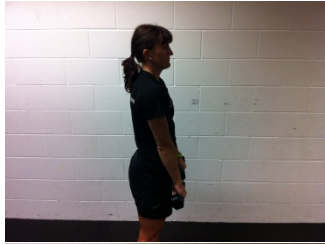
Ext Rotation



Reverse Fly's



D/b front + lat + rear raise



Cable row then ext rotation



Cable Ext Rotation



Cable row



TRX face pull



TRX single arm pull up

