



Pec Minor & Anterior Delt Release

Minimum 3 min/side per muscle

Find Tension

Sit there for 1 min

Repeat



Upper Trap Stretch

60s per side

Depress Shoulder

Reach towards opposite pocket

Tilt head away



Shorthead Bicep Stretch

60s

Keep a big chest

Palms down

Wide grip



Lower Trap Activation

2x10r each side

Retract and depress

Raise 15 Degrees out

Go to peak contraction

* Check Article for Regressions



Serratus Activation

2x10r

Protract

Depress

Arms 10 degrees out



Infraspinatus Activation

2x10r each side

Depress

Retract

Use Minimal Weight



External Rotation

2x90s each side

Progress by either:

Raising arm OR rotating more

* Check Article for Regressions



Lying Pec Stretch

2x2min each side

Arm out

Roll away

'T' arm and 'Y' arm



Lat Stretch

2x2min each side

Arm on surface

Same side leg far back + to the side

* Check Article for Regressions



Puppy Pose

3x10r+10s

Ribs down

Back flat

Push through