



SHOULDER MOBILITY GUIDE

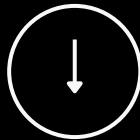
***GET MOBILE WITH
STRIVELETICS***

Work on improving your shoulder
mobility, stability & strength

IMPROVE YOUR MOBILITY



SHOULDER MOBILITY



WHAT IS SHOULDER MOBILITY, STABILITY & STRENGTH?

MOBILITY:

REFERS TO THE RANGE OF
MOTION OF THE SHOULDER JOINT,
WHICH IS THE MOST MOBILE JOINT
IN THE BODY.

STABILITY:

THE ABILITY TO CONTROL AND
MAINTAIN THE SHOULDER JOINT'S
POSITION DURING MOVEMENT OR
LOADING.

STRENGTH:

THE ABILITY OF THE SHOULDER
MUSCLES TO GENERATE FORCE
FOR VARIOUS MOVEMENTS.



EXAMPLES

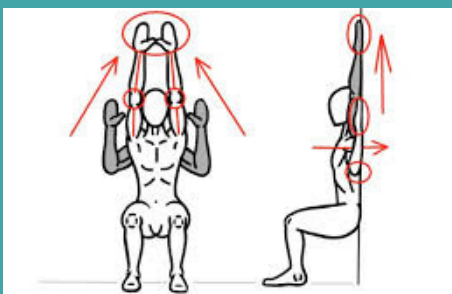
SHOULDER MOBILITY

CORRECTIVE EXERCISES:

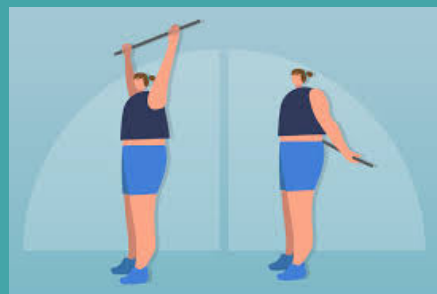
- DYNAMIC STRETCHES
- STATIC STRETCHES
- FOAM ROLLING

SHOULDER MOBILITY EXERCISES

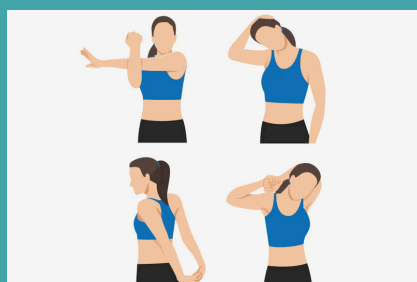
WALL SLIDES



SHOULDER DISLOCATIONS



STATIC SHOULDER STRETCHES



HOW TO:

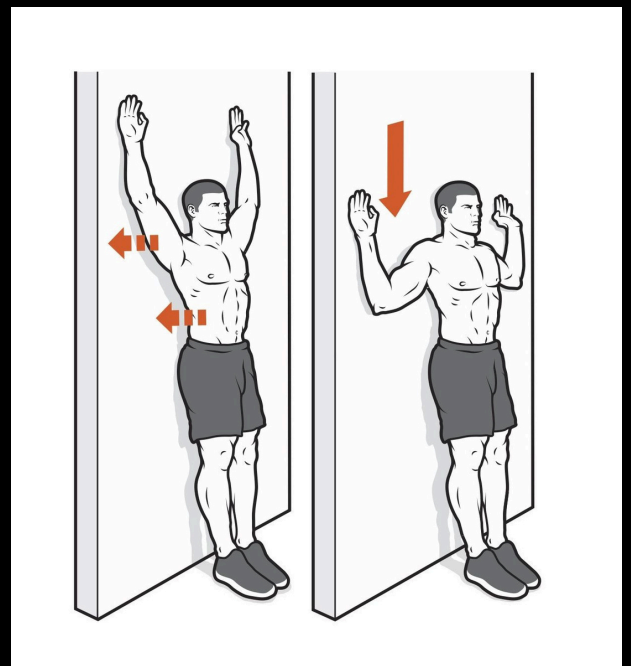


SHOULDER MOBILITY



WALL SLIDES:

1. STAND WITH BACK AND HEAD AGAINST THE WALL, FEET PLACED A FOOT AWAY FROM THE WALL.
2. POSITION ARMS IN A "GOALPOST" POSITION WITH ELBOWS BENT AT 90 DEGREES WITH WRISTS TOUCHING THE WALL.
3. SLOWLY SLIDE BOTH ARMS UPWARDS, MAINTAINING CONTACT WITH THE WALL UNTIL BOTH ARMS ARE EXTENDED FULLY.
4. REVERSE THE MOTION & RETURN TO STARTING POSITION
5. FOCUS ON ENGAGING YOUR CORE THROUGHOUT THE MOVEMENT AND AVOID ARCHING YOUR BACK.



VIDEO TUTORIAL

HOW TO:

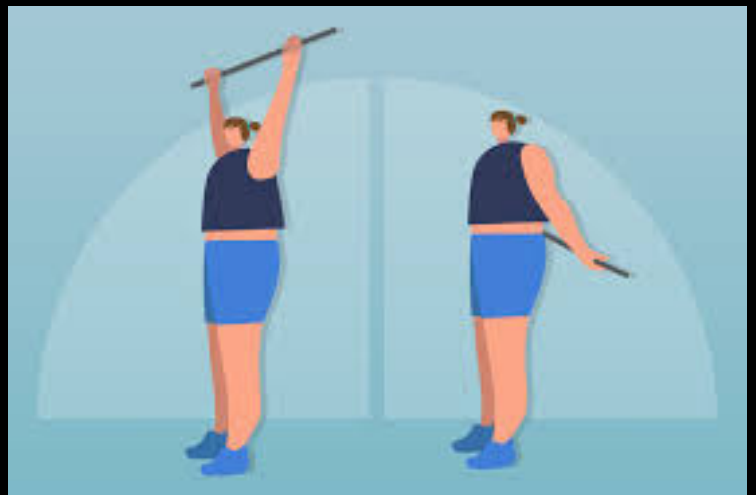


SHOULDER MOBILITY



SHOULDER DISLOCATIONS

1. HOLD A RESISTANCE BAND WITH BOTH HANDS SLIGHTLY WIDER THAN SHOULDER-WIDTH APART.
2. USE A LIGHT RESISTANCE BAND TO START, ENSURING FLEXIBILITY OVER STRENGTH.
3. STAND TALL WITH YOUR ARMS EXTENDED IN FRONT OF YOU AT CHEST HEIGHT.
4. KEEP YOUR SHOULDERS DOWN AND RELAXED.
5. SLOWLY RAISE THE BAND OVERHEAD, KEEPING YOUR ARMS STRAIGHT.
6. CONTINUE MOVING THE BAND BEHIND YOUR HEAD, LOWERING IT TOWARD YOUR BACK AS FAR AS YOUR MOBILITY ALLOWS.
7. REVERSE THE MOVEMENT BY BRINGING THE BAND BACK OVERHEAD AND DOWN IN FRONT OF YOU.
8. MAINTAIN A CONTROLLED, SMOOTH MOTION THROUGHOUT.

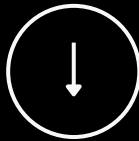


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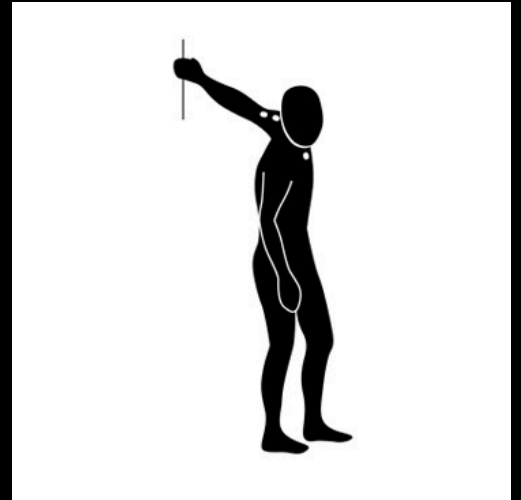


SHOULDER MOBILITY



STATIC STRETCH STANDING PEC STRETCH

1. STAND UPRIGHT NEXT TO A WALL
2. PLACE YOUR ARM SO THAT IT IS SLIGHTLY ABOVE HORIZONTAL, WITH YOUR PALM FACING THE WALL.
3. ROTATE YOUR TORSO AWAY FROM THE WALL, WHILE KEEPING YOUR HAND AND ARM FIRMLY PLANTED AGAINST THE WALL, STRETCHING YOUR PEC ON THE SIDE NEAREST THE WALL.
4. MAKE SURE TO KEEP YOUR SHOULDER BACK ON THE SIDE CLOSEST TO THE WALL, THE SIDE OF THE CHEST STRETCH, AND DON'T LET YOUR SHOULDER ROTATE FORWARDS AS YOU ROTATE YOUR TORSO FORWARDS.
5. HOLD THIS POSITION FOR 20-30 SECONDS.
6. YOU WILL FEEL NOT ONLY A PECTORAL STRETCH ON THAT SIDE, BUT ALSO IN YOUR BICEPS ON THE SAME SIDE.
7. REPEAT THIS 2-3 TIMES PER SIDE, HOLDING FOR 20-30 SECONDS EACH TIME.
8. THE STANDING PEC STRETCH SHOULD NOT BE PAINFUL. YOU SHOULD BE ABLE TO FEEL IT STRETCHING THE MUSCLES, BUT IT SHOULD NOT BE ACUTELY PAINFUL.

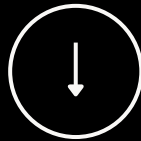


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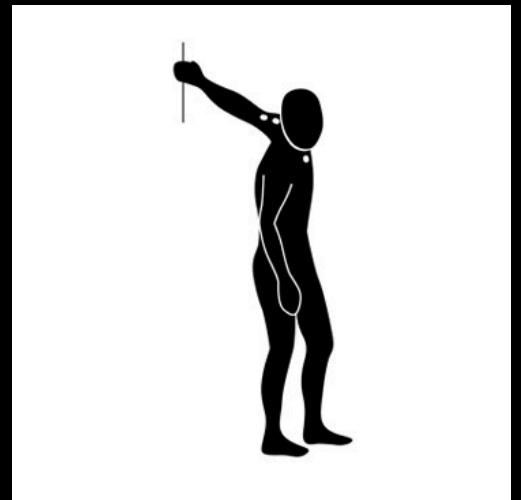


SHOULDER MOBILITY



STATIC STRETCH STANDING PEC STRETCH

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2. PLACE YOUR ARM SO THAT IT IS SLIGHTLY ABOVE HORIZONTAL, WITH YOUR PALM FACING THE WALL.
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VIDEO TUTORIAL



EXAMPLES

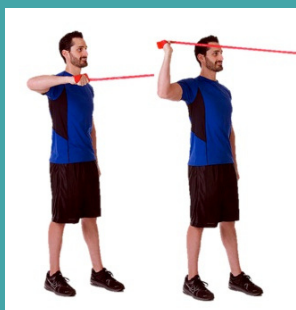
SHOULDER STABILITY

CORRECTIVE EXERCISES:

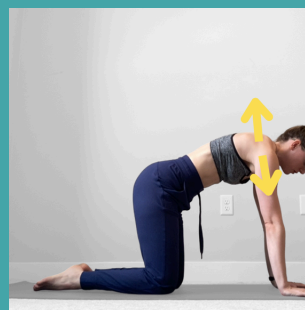
- RESISTANCE BAND EXERCISES (E.G., EXTERNAL AND INTERNAL ROTATIONS).
- SCAPULAR RETRACTION DRILLS (E.G., WALL SLIDES, YTWL EXERCISES).
- STABILITY BALL WORK OR UNILATERAL TRAINING TO ENGAGE STABILIZERS.

SHOULDER STABILITY EXERCISES

BANDED EXTERNAL ROTATION



SCAPULAR PUSH-UPS



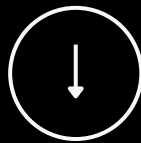
BANDED SHOULDER PRESS



HOW TO:

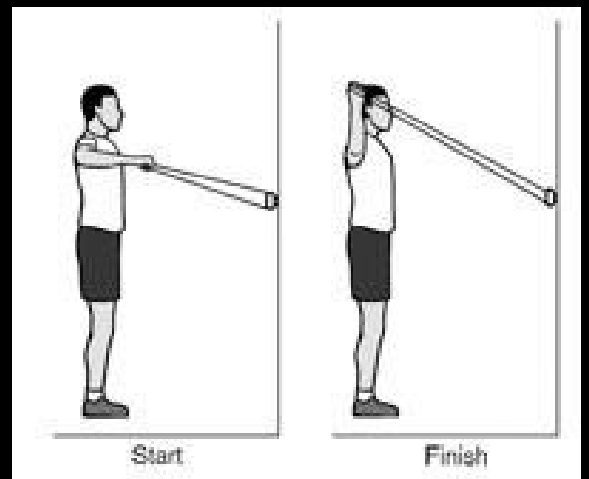


SHOULDER STABILITY



BANDED EXTERNAL ROTATION AT 90 DEGREES

1. ATTACH A RESISTANCE BAND TO A SECURE ANCHOR POINT AT ABOUT SHOULDER HEIGHT.
2. HOLD THE BAND WITH ONE HAND, FACING THE ANCHOR POINT, ENSURING SLIGHT TENSION IN THE BAND.
3. STAND OR SIT UPRIGHT WITH YOUR ELBOW BENT AT 90 DEGREES, RAISING YOUR UPPER ARM SO IT'S PARALLEL TO THE FLOOR (SHOULDER ABDUCTION).
4. KEEP YOUR ELBOW IN LINE WITH YOUR SHOULDER AND SUPPORTED IF NECESSARY (E.G., RESTING ON A TOWEL ROLL).
5. BEGIN WITH YOUR FOREARM POINTING STRAIGHT AHEAD, PERPENDICULAR TO YOUR BODY, AND THE BAND PROVIDING RESISTANCE.
6. ENGAGE YOUR CORE TO MAINTAIN A STABLE POSITION.
7. SLOWLY ROTATE YOUR FOREARM UPWARD AND OUTWARD (EXTERNAL ROTATION), KEEPING YOUR ELBOW FIXED IN PLACE.
8. STOP WHEN YOUR FOREARM IS PERPENDICULAR TO THE GROUND OR WHEN YOU FEEL A SLIGHT STRETCH.
9. REVERSE THE MOVEMENT SLOWLY, RETURNING TO THE STARTING POSITION WITH CONTROL.
10. AVOID SHRUGGING YOUR SHOULDERS OR LETTING THEM TILT FORWARD.
11. KEEP YOUR MOVEMENTS SLOW AND CONTROLLED TO ENGAGE THE ROTATOR CUFF EFFECTIVELY.
12. PERFORM 8-12 REPETITIONS PER SIDE.

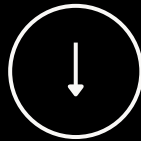


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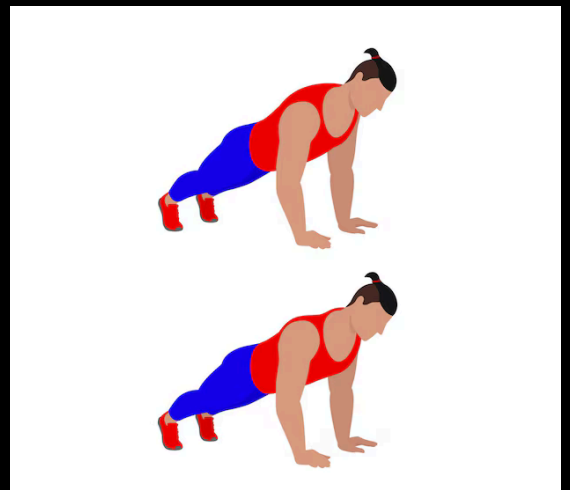


SHOULDER STABILITY



SCAPULAR PUSH-UPS

1. PLACE YOUR HANDS DIRECTLY UNDER YOUR SHOULDERS AND EXTEND YOUR LEGS STRAIGHT BEHIND YOU, BALANCING ON YOUR TOES.
2. KEEP YOUR BODY IN A STRAIGHT LINE FROM HEAD TO HEELS, ENGAGING YOUR CORE.
3. SET YOUR SHOULDERS. BEGIN WITH YOUR ARMS STRAIGHT AND ELBOWS LOCKED.
4. POSITION YOUR SHOULDERS SLIGHTLY PROTRACTED (ROUNDED FORWARD) WITHOUT SAGGING YOUR CHEST.
5. ALLOW YOUR SHOULDER BLADES TO RETRACT (SQUEEZE TOGETHER) AS YOUR CHEST LOWERS SLIGHTLY TOWARD THE FLOOR.
6. AVOID BENDING YOUR ELBOWS; THE MOVEMENT COMES FROM THE SCAPULA, NOT THE ARMS.
7. PROTRACT YOUR SHOULDER BLADES. PUSH THROUGH YOUR HANDS TO RETURN TO THE STARTING POSITION, SPREADING YOUR SHOULDER BLADES APART.
8. PERFORM THE MOVEMENT IN A CONTROLLED MANNER FOR 10-15 REPETITIONS, FOCUSING ON SMOOTH SCAPULAR MOTION.



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EXAMPLES

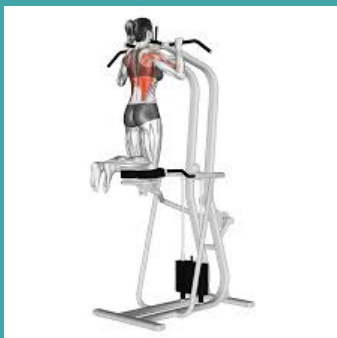
SHOULDER STRENGTH

CORRECTIVE EXERCISES:

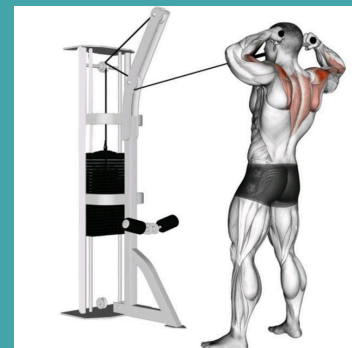
- COMPOUND LIFTS (E.G., OVERHEAD PRESS, BENCH PRESS, PULL-UPS).
- ISOLATION EXERCISES (E.G., LATERAL RAISES, FACE PULLS).
- PROGRESSIVE OVERLOAD WITH SAFE VOLUME AND INTENSITY.

SHOULDER STRENGTH EXERCISES

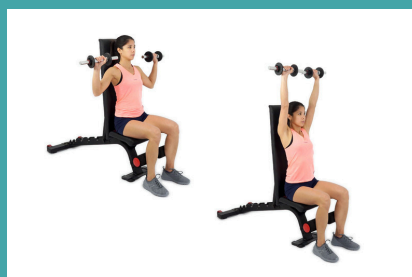
ASSISTED PULL-UPS



CABLE FACE PULLS



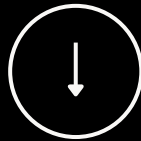
DUMBBELL OVERHEAD PRESS



HOW TO:



SHOULDER STRENGTH



ASSISTED PULL-UPS

1. ADJUST THE WEIGHTS APPROPRIATELY
2. STAND IN FRONT OF THE ASSISTED PULLUP MACHINE.
STEP ONTO THE FOOT PLATES THEN CAREFULLY PLACE BOTH KNEES ONTO THE MACHINE KNEE PADDING.
3. GRIP THE HANDLES USING AN OVERHAND GRIP THAT'S SLIGHTLY WIDER THAN YOUR SHOULDERS. ALLOWING YOUR LATS TO STRETCH- RELAXING YOUR SHOULDERS.
4. PULL YOUR BODY UP SO YOUR CHIN IS SLIGHTLY HIGHER THAN YOUR HANDS.
5. SLOWLY LOWER YOUR BODY BACK DOWN TO THE STARTING POSITION.

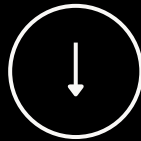


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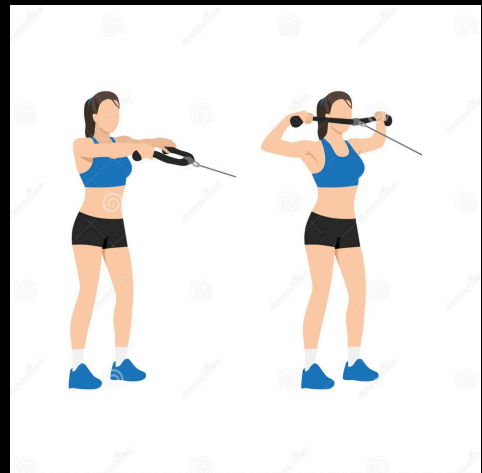


SHOULDER STRENGTH



CABLE FACE PULLS

1. REACH UP AND GRASP THE HANDLES WITH BOTH HANDS WITH YOUR PALMS FACING IN. STEP BACK UNTIL YOUR ARMS ARE FULLY EXTENDED, THEN ENGAGE YOUR CORE AND LEAN BACK SLIGHTLY, POSITIONING YOUR BODY AT A ROUGHLY 20-DEGREE ANGLE.
2. PULL THE ROPE TOWARD YOU JUST ENOUGH TO START LIFTING THE WEIGHT FROM THE STACK, THEN ENGAGE YOUR SHOULDERS, ROLLING THEM BACK TO CREATE GOOD POSTURE—YOU DON'T WANT YOUR SHOULDERS HUNCHING OR ROLLING FORWARD. THIS IS YOUR STARTING POSITION.
3. PULL THE HANDLES OF THE ATTACHMENT STRAIGHT TOWARD YOUR FOREHEAD. KEEP YOUR PALMS FACING IN AS YOUR ELBOWS FLARE OUTWARD TOWARD THE SIDES, ENGAGING THE REAR DELTS.
4. REVERSE THE MOVEMENT AND SLOWLY EXTEND YOUR ARMS WITHOUT ALLOWING YOUR SHOULDERS OR CHEST TO ROLL FORWARD AS YOU EXTEND. YOU WANT TO MAINTAIN GOOD POSTURE THROUGHOUT THE EXERCISE.

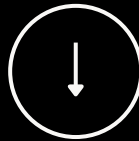


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HOW TO:

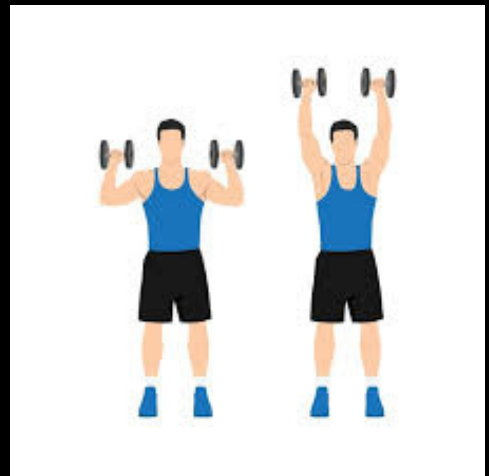


SHOULDER STRENGTH



DUMBBELL OVERHEAD PRESS

- SIT ON AN UPRIGHT BENCH HOLDING A DUMBBELL IN EACH HAND AT SHOULDER HEIGHT WITH YOUR PALMS FACING AWAY FROM YOU.
- KEEP YOUR CHEST UP, BRACE YOUR CORE AND LOOK STRAIGHT FORWARDS THROUGHOUT THE MOVE.
- PRESS THE WEIGHTS DIRECTLY UPWARDS UNTIL YOUR ARMS ARE ALMOST STRAIGHT AND THE DUMBBELLS ARE DIRECTLY ABOVE YOUR SHOULDERS.



VIDEO TUTORIAL

STRIVE
— TO BE —
FIT
WITH

STRIVELETICS



SCAN ME

SIGN-UP WITH STRIVELETICS TO
ACHIEVE YOUR HEALTH & FITNESS
GOALS