Rotator Cuff Injury Prevention Primer A

Complete 1 round of this circuit before your workout to prime your shoulders for strength training.

**Foam Roll: Lats**
- 60-120 sec each side
- Mid-ribcage up to armpit
- Pause in spots of tension

**Foam Roll: T-Spine (Arms Overhead)**
- 60-120 sec each side
- Length of entire ribcage
- Flex and extend spine 1-2 inches

**Prone Fly**
- 10-20 reps each way
- Arms as straight as possible
- Isolate movement at shoulder

**Band Row**
- 10-20 reps
- Pause 2 sec with band at chest
- Squeeze shoulder blades together

**Band Tiger Walk**
- 20 reps each way
- Arms stay straight
- Isolate movement at shoulders

**Band Superman Pull-Apart**
- 10-20 reps
- Arms stay straight
- Isolate movement at shoulders

**Band Lying External Rotation**
- 10-20 reps each side
- Elbow bent at 90 degrees
- Isolate movement at shoulder

**Plate Pull to External Rotation**
- 10-20 reps
- Use light plates
- Squeeze shoulder blades together

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