

## Fall Shoulder Training Program Workout #1

1. **Jump Rope** - 200 jumps
2. **Bird Dogs** – 10 repetitions
  - a. 5 repetitions each side with 10 second holds (5 sec eyes open, 5 sec eyes closed)



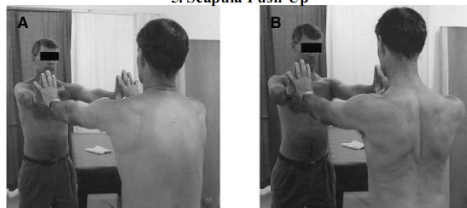
Figure 1. Bird dog: right arm-left leg.



Figure 2. Bird dog: left arm-right leg.

3. **Scapula Wall Push-Ups** – 10 repetitions
  - a. Keep elbows straight
  - b. Squeeze shoulder blades for 5 seconds / Round out shoulder blades for 5 seconds

5. Scapula Push-Up



4. **Medicine Ball Exercises**
  - a. “Drop Catches” - 50 repetitions
    - i. Use 3-lb ball (eventually build up to 5-lb ball)
  - b. Side to Side “Wrist Snaps” (B & C)
    - i. Using 5-lb med ball
    - ii. Keep elbow at side and elbows at 90 degrees
    - iii. Throw med ball side to side without letting elbows drift
  - c. External Rotation Throws (A, D & E)



(A)



(B)



(C)

Figure 8. Self pass: (a) starting position; (b) tossing motion.



(D)



(E)

5. **Finish up with 200 repetitions of jump rope**