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## 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 2. Bird dog: left arm-righ

- 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)









5. Finish up with 200 repetitions of jump rope

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