

Name :Marcel
Date 15/12/2021

Phase 1 / 1-4 Weeks

MOBILISATION				
EXERCICE	TEMPO	ROUNDS	REPS	NOTES
Lat PNF Stretch	5/6 sec		8	
Laterally flexed cervical rotation			6/6	
Side lying T spine rotation			10/10	
Rockback with lat stretch			6/6	
Externat rotation control			10/10	

ACTIVATION				
EXERCICE	TEMPO	ROUNDS	REPS	NOTES
Prone TW				Lying prone on a bench will . leave you with more wiggle room asyou improve your ROM in external rotatio
Prone cars			6/8	
Prone retract and reach			6/8 par side	Peel the shoulders off the floor, do not over-retract the scapulae
Side lying screwdriver			8/8	Slight pressure at end range external rotation

INTEGRATION				
EXERCICE	TEMPO	ROUNDS	REPS	NOTES
Bans lat pulldown			10	
Band straight arm pulldown supinated			10	
Trx row hold		3	20:30Sec	Slight external rotation torque

Wall walk out holds			6/8 sec	
Bent over one arm row			10/10	