

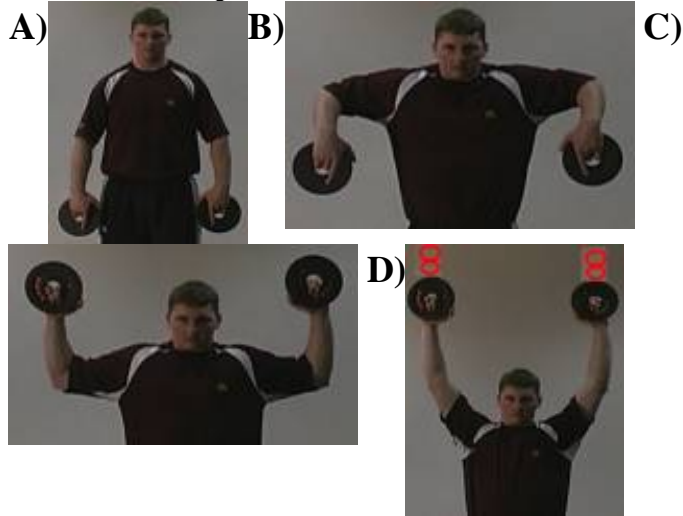
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Shoulder Prehab Circuits For Sport

CIRCUIT 1

1) Cuban Press F8

2 Sets - 6 Reps



2) Lateral Supine Figure 8

2 Sets - 8 Reps



3) Infraspinatus

2 Sets - 8 Reps



4) Overhead Standing Figure 8

2 Sets - 8 Reps



Shoulder Prehab Circuits For Sport

CIRCUIT 2

1) Incline Cuban Press Figure 8

2 Sets - 8 Reps



2) Lateral Prone Figure 8

3 Sets - 8 Reps



3) Lateral Standing Figure 8

2 Sets - 8 Reps



4) Supraspinatus

2 Sets - 8 Reps

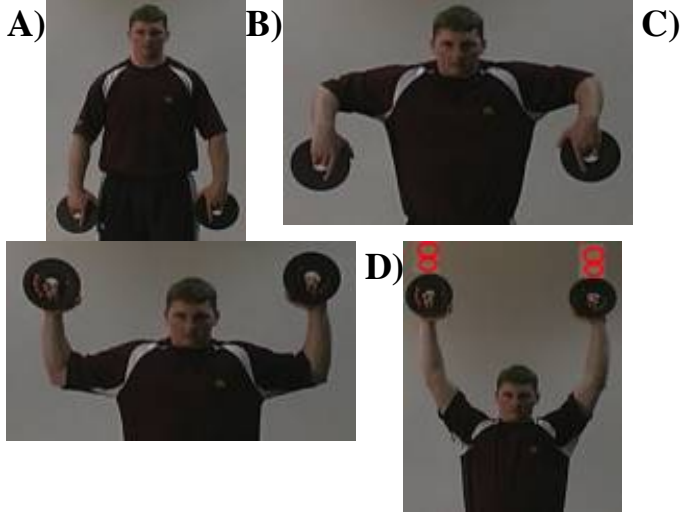


Shoulder Prehab Circuits For Sport

CIRCUIT 3

1) Cuban Press F8

2 Sets - 6 Reps



2) Infraspinatus

2 Sets - 8 Reps



3) Lateral Standing Figure 8

2 Sets - 8 Reps



4) Supraspinatus

2 Sets - 8 Reps



Shoulder Prehab Circuits For Sport

CIRCUIT 4

1) Db Shoulder Shrugs

1 Sets – 15-20 Reps



2) Push Up Shrug with band

1 Sets – 15-20 Reps



3) U Scap Pulls

1 Sets – 15-20 Reps



4) Overhead Shrug

1 Sets – 15-20 Reps



5) Lat Pull Straight Arm Shrug

1 Sets – 15-20 Reps



6) Dip Shrugs

1 Sets – 15-20 Reps



7) Supine Shrugs

1 Sets – 15-20 Reps



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