

# 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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