



CONNECTING BREATH FOR MAXIMAL SHOULDER STABILITY

Perform warm up for 5 minutes followed by next 3 exercises based on sets and reps referenced to give yourself a 20-30 minute upper body and core strength program.

WARM UP

DNS Prone 3 Month Breathing
Sagittal Plane Hip Drivers in Quadruped
Quadruped with Rib Cage Circles

STRENGTH SERIES

BEAR PULL THROUGH TO ROW
Perform 3 Sets of 10 reps

SIDE BRIDGE WITH KNEE TO CHEST & HIP ABDUCTION
Perform 3 Sets of 10 reps

SPLIT SQUAT WITH SFT REACHES
Perform 4 Sets of 6-8 reps (alternate legs for each set)