

Pre- & Post-Session Mobility Programme

- Conduct prior to the weight session
- Complete 2 sets

Exercise	Description	Duration	Timing
Prone Flexion	<ul style="list-style-type: none"> - Lie on your front on a bench, with your shoulders off the end - Keeping your elbows straight, raise your arms up to your ears - Alternate between leading with your thumbs, palms up & pinkies 	45 secs	Slow & fluid - smooth transition from deceleration/change of direction/ acceleration Breathing relaxed
Prone Scapation	<ul style="list-style-type: none"> - Lie on your front on a bench, with your shoulders off the end - Keeping your elbows straight, raise your arms at a 45° from your side up to your ears - Alternate between leading with your thumbs, palms up & pinkies 	45 secs	Slow & fluid - smooth transition from deceleration/change of direction/ acceleration Breathing relaxed
Prone Abduction	<ul style="list-style-type: none"> - Lie on your front on a bench, with your shoulders off the end - Keeping your elbows straight, raise your arms out to the side up to your ears - Alternate between leading with your thumbs, palms up & pinkies 	45 secs	Slow & fluid - smooth transition from deceleration/change of direction/ acceleration Breathing relaxed
Prone Scapular Retraction w/ External Rotation	<ul style="list-style-type: none"> - Lie on your front on a bench, with your shoulders off the end - With your elbows bent, raise your arms up to the side level with your ears, then straighten arms, palms facing down - Slowly reverse the order to come down 	45 secs	Slow & fluid - smooth transition from deceleration/change of direction/ acceleration Breathing relaxed

Jobs Circuit – Rotator Cuff

- Keep shoulders pulled back & down throughout
- Keep head tall throughout

Exercise	Description	Reps	Sets	Weight	Timing
Shoulder Flexion I	Stand with arms at your side, with your thumbs pointing up Keep your elbows straight, raise your arms, leading with your thumbs Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Flexion II	Stand with arms at your side, with your palms facing up Keep your elbows straight, raise your arms, leading with your palms Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Flexion III	Stand with arms at your side, with your little fingers pointing up Keep your elbows straight, raise your arms, leading with your pinkies Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Scapation I	Stand with arms at your side, with your thumbs pointing up Keep your elbows straight, raise your arms at a 30° angle from your body, leading with your thumbs Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Scapation II	Stand with arms at your side, with your palms facing up Keep your elbows straight, raise your arms at a 30° angle from your body, leading with your palms Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Scapation III	Stand with arms at your side, with your little fingers pointing up Keep your elbows straight, raise your arms at a 30° angle from your body, leading with your pinkies Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2

Shoulder Abduction I	Stand with arms at your side, with your thumbs pointing up Keep your elbows straight, raise your arms to the side, leading with your thumbs Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Abduction II	Stand with arms at your side, with your palms facing up Keep your elbows straight, raise your arms to the side, leading with your palms Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2
Shoulder Abduction III	Stand with arms at your side, with your little fingers pointing up Keep your elbows straight, raise your arms to the side, leading with your pinkies Continue slowly until your arms are parallel to the ground Return slowly to the start position	8	3	2.5 kg	2-1-2