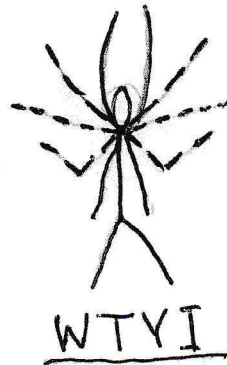
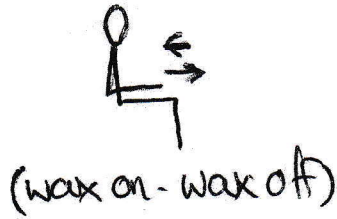


Shoulder Health - Rotator Cuff

Low pulls & pushes

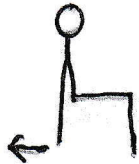


Low & high flys



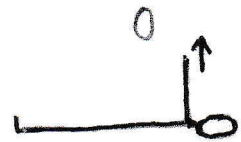
PREHAB

Straight arm pulls

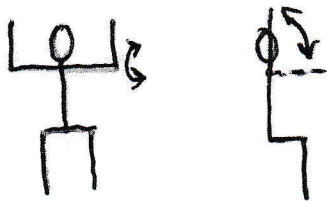


PRE-ACTIVATION

High pushes



L rotations



(Hammering nails)

Cross body pulls



Side L Flys

