

Shoulder Warm Up Routine

Here are some warm up exercises that should be performed before any upper body workouts.

Especially, if you have had shoulder or rotator cuff issues in the past.

Start with the lightest resistance first, performing 2 sets of 15 repetitions.

Remember these are “Warm Ups” keep it light!

Band Work

Rear Delt Flexion – MUST DO



1. Anchor a resistant band on a squat rack or weight machine.
2. Stand facing machine with a handle in each hand.
3. Keeping your arms straight and your torso upright, flex your shoulders and pulse your arms backwards.
4. DO NOT: Bend arms, Lean Forward, or Rock Torso
5. Increase Tension by walking further from anchor point.

Front Delt Extension – MUST DO



1. Anchor a resistant band on a squat rack or weight machine at a low level.
2. Stand facing AWAY from machine with an overhand grip on each handle.
3. Keeping your arms straight and your torso upright, raise your arms up slightly above shoulder level.
4. Slowly lower your hands to starting position.
5. Increase/Decrease tension by walking further from or closer to anchor point.

External Rotation – MUST DO



walking further from or closer to anchor point.

1. Anchor one end of a resistant band to a squat rack or weight machine at elbow level.
2. With the handle in the hand opposite to the anchor point, bend elbow 90 degrees, rotate your arm away from the center of the body.
3. Keep your elbow close to your body and in line with the shoulder
4. Increase/Decrease tension by

Internal Rotation - OPTIONAL



walking further from or closer to anchor point.

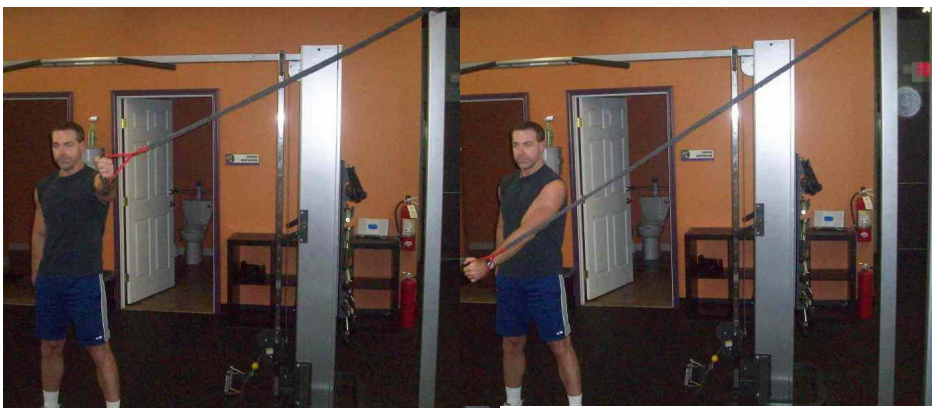
1. Anchor one end of a resistant band to a squat rack or weight machine at elbow level.
2. With the handle in the hand on the same side of the anchor point, bend elbow 90 degrees, rotate your arm towards the center of the body.
3. Keep your elbow close to your body and in line with the shoulder
4. Increase/Decrease tension by

Shoulder Abduction - OPTIONAL



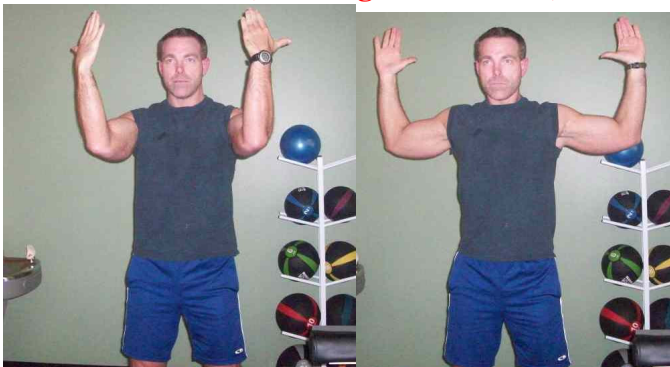
1. Anchor one end of a resistant band to a squat rack or weight machine at high level.
2. With the handle in the hand opposite the anchor point, and arm straight out, bring arm down and out to the side.
3. Keep your arm straight and your torso upright being careful not to turn in the direction of the movement.

Shoulder Adduction - OPTIONAL



1. Anchor one end of a resistant band to a squat rack or weight machine at high level.
2. With the handle in the hand on the same side of anchor point, and arm straight out, bring arm down and across the body.
3. Keep your arm straight and your torso upright being careful not to turn in the direction of the movement.

Prone Pivot "W" (No Weight/ No Bands) – MUST DO



1. Stand with your upper arms parallel to the floor and your palms facing you.
2. Keeping your arms bent rotate them out to your sides.

Shoulder Warm Up Routine

Dumbbell Work:

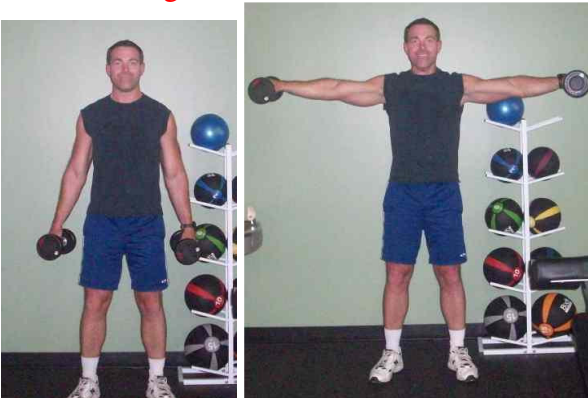
Ys – Standing Core Activated – MUST DO



Ys – On Incline Bench – (Alternate for Standing Ys)



Ts – Standing Core Activated – MUST DO



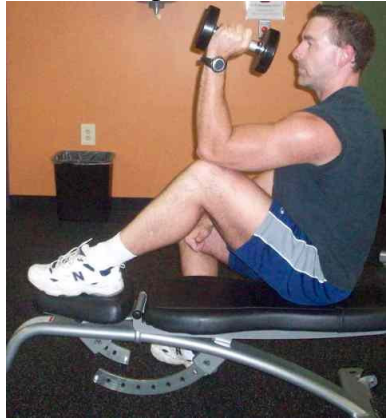
Ts – On Incline Bench (Alternate for Standing Ts)



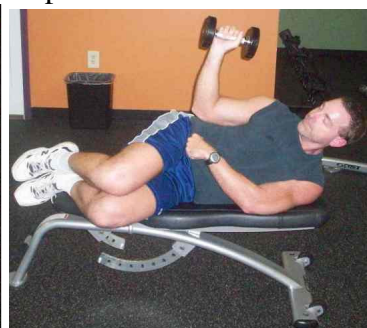
Ls – On Incline Bench/ No Rotation – MUST DO



Elbow Elevated DB External Rotations – Optional/Alternate



Side Supported DB External Rotations – Optional/Alternate



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