

Client:		Date:				
<b>Session Goal: Upper Body Strength</b>		<b>Load</b>	<b>Reps</b>	<b>Sets</b>	<b>Tempo</b>	<b>Rest</b>
<b>Activation: Fluid Dynamics</b>						
ULT	Rub and Scrub: Clavicle, Shoulders		1-2	1	10s per spot	0
UMT	Foam Roll Lats		1-2	1	30s-60s	0
<b>Activation: SMUR Shoulders</b>						
ULT	Elevated Prone Squat to Cobra		5	1-2	All Air	0
UMT	Elevated Underswitch		5 each	1-2	Controlled	0
LLT	DB Scaption		5	1-2	All Air	0
LMT	Z-sit KB Waiter's Sit Up		5 each	1-2	Controlled	0
<b>Activation: Excitation Shoulders</b>						
ULT	Horizontal Adduction Ward		5 each	1-2	Quick Release	0
ULT	OH Ward w/ Rotation		5 each	1-2	Quick Release	0
LLT	Shoulder External Rotation		5 each	1-2	Quick Release	0
LMT	Band Bow and Arrow		5 each	1-2	Quick Release	0
<b>Activation: Stimulation</b>						
ULT	Arm Circles Eye Tracking		5	1-2	Controlled	0
<b>Notes:</b>						
Shoulder Activation Post-Rehab		LLT	LMT			
Fully Cleared to Exercise		ULT	UMT			