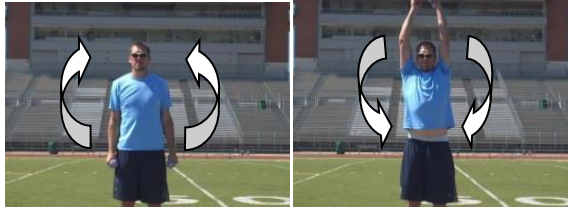
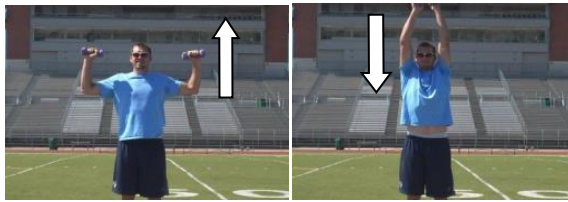


ROTATOR CUFF WARM-UP & PREVENTATIVE MAINTENANCE



1. **Snow Angel:** Start with arms at your side. Raise straight arms out and above your head, rotating to palms facing each other. Reverse motion down.



2. **Shoulder Press:** Start with your elbow at the same height as your shoulder, forearm at 90 degrees. Press above your head rotating to palms facing. Return to starting position, elbow at shoulder height.



3. **90/90 Rotation:** Start in the same position as the shoulder press. Keeping the elbow in the same position the whole exercise, rotate hands forward until the forearms are parallel to the ground. Rotate back up.



4. **Empty Cans:** Start with your hands at your sides. Raise straight arms at 45 degree angles. When your hands are above the shoulders, "empty the cans" as if pouring out water. Rotate back before letting down.



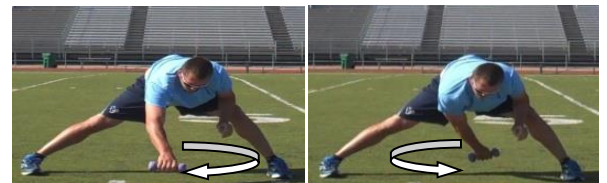
5. **Crossing Cans:** Same exercise as empty cans except at a 45 degree angle across your body. Do one arm at a time, alternating arms.



6. **Row to Press:** Start with hands on your thighs. Keeping the same distance between hands the whole exercise, do a row towards your chin and straight into a press above head. Keep hands close to body up and down.



7. **Bent over reverse fly:** Widen your feet to at least twice width of shoulders. Touch your elbows to your knees; your back should now be flat. Drop hands to the ground, this is the starting position. Do a row to your chest. Then extend hands straight out, rotate thumb to the ground and bring them back to the starting position.



8. **Hanging Circles:** Spread feet out wide and hang 1 arm in the middle. Rotate 5x each way in widest circle possible, switch arms.