



TRUEAP

DYNAMIC SHOULDER WARM UP

LEVEL 1 & LEVEL 2

LEVEL 1 CHEAT SHEET

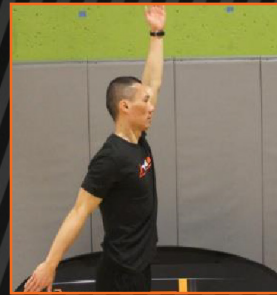
Pre Workout:
10-15 Reps with
5 Second Hold



ARM CIRCLES



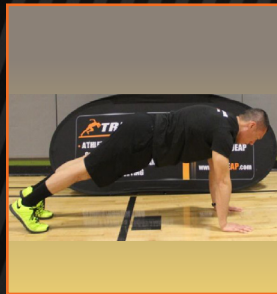
ARM HUG



MARCHER ARM SWINGS



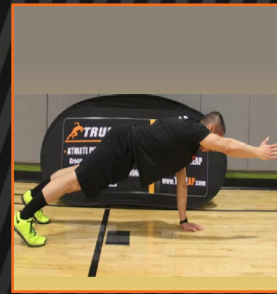
INCHWORM (FORWARD & BACKWARD)



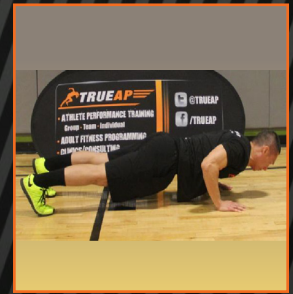
SCAPULA PROTRACTION/RETRACTION



ARM OPENERS



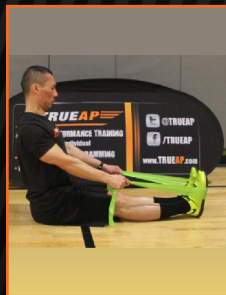
ARM REACH



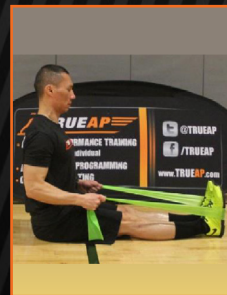
PUSH UP

LEVEL 2 CHEAT SHEET

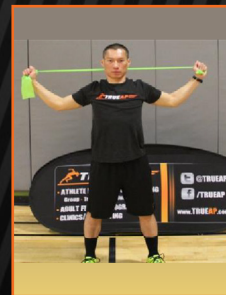
Pre Workout:
10-15 Reps Each



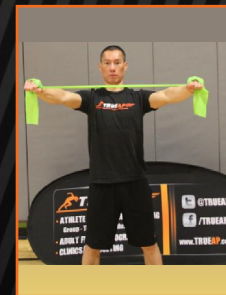
SHOULDER RETRACTION / PROTRACTION



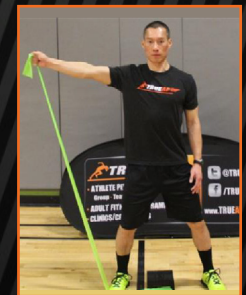
SEATED ROWS



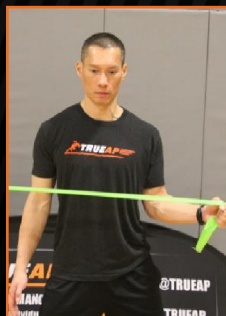
LAT PULL DOWN



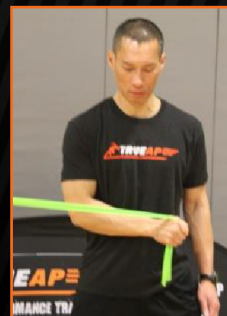
PULL APART



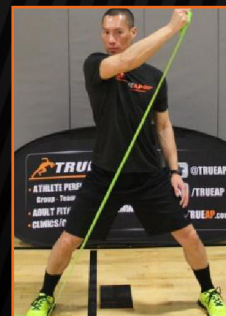
SHOULDER RAISE SERIES



EXTERNAL ROTATIONS



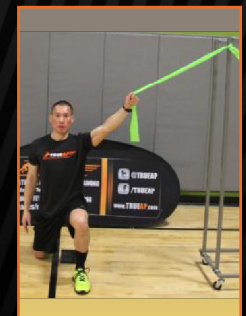
INTERNAL ROTATIONS



DIAGONALS (UPWARD)



ASSISTED DIAGONALS (UPWARD)



ASSISTED DIAGONALS (DOWNWARD)