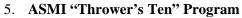


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Fall Shoulder Training Program

Workout #2

- 1. Jump Rope 200 jumps
- 2. Basketball Wall Throws 50 repetitions (A)
 - **a.** Stand 6 inches from wall
 - **b.** Keep throwing arm elbow shoulder high and bent to 90 degrees
 - **c.** Throw and catch the basketball against the wall while keeping elbow in same spot as the 'axis of rotation'
- 3. Thumbs-Up Scapula Squeezes 10 repetitions (B)
 - a. Keep elbows straight with thumbs with no dumbbells
 - b. WITHOUT bending elbow and keeping shoulders down, squeeze shoulder blades together for 5 seconds, then rest for 5 seconds
- **4.** Isometric Basketball Plank Holds 30 sec x 10 repetitions a. Assume a push-up position (C) but instead of having
 - hands on ground, have hands on 2 basketballs
 - b. When you get strong in this position, lift 1 leg off the ground at 1 time (D)
 - c. Once that becomes easier, <u>do with eyes closed</u>.
 - d. Finally, try to do push-ups with the basketballs.



- a. Most recommended exercise = "Press Ups"
- b. Many of the other shoulder exercise are done in other parts of this program



6. Finish up with 200 more repetitions of jump rope

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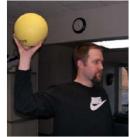


Figure 4. One-Handed Baseball Throw (90-90 position) (A)











(D)