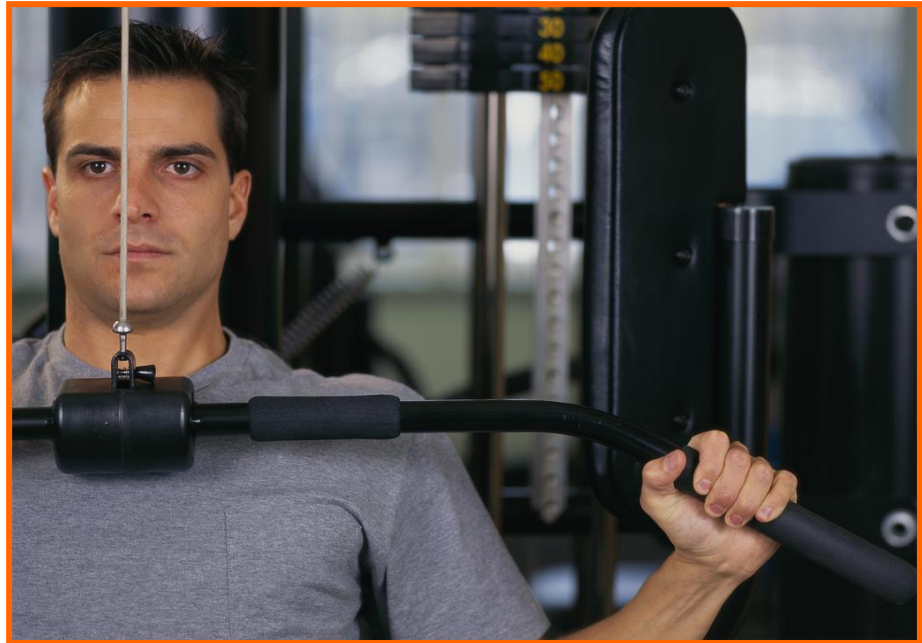


EXERCISE PROGRAMS



Shoulders and Back



Shoulders and Back

Introduction

This exercise routine focuses on developing the muscular strength of men or women's shoulders and back. Strength training the shoulders and back is very beneficial for swimmers, as well as rugby players.

Exercise intensity – moderate to high.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Workout Tips

- ▶ The shoulder complex is a very unstable joint, to get the most benefits from this workout ensure the correct technique is being adopted.
- ▶ Make sure your client's body is warm before engaging in activity. This can include dynamic stretching and/or light cardio, like star jumps.
- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ It is important to combine an adequate calorie intake when completing a strength training program in order for the body to be fuelled enough for tissue repair and muscle building. Advise your client to increase calorie intake especially with an increase protein meal following the workout.
- ▶ Rest between sets should start at about 45 seconds and can get down to 30 seconds as the client progresses.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Star Jumps

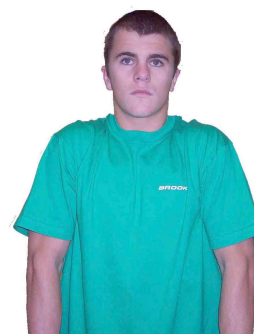
- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet



Complete 2-4 sets of 10-20 repetitions. Rest 20s between sets.

Shoulder Shrugs - Dumbbell

- Stand dumbbell in each hand
- Dumbbells by side
- Knees & hips slightly flexed
- Shrug shoulders toward ears
- Keep arms straight
- Lower dumbbells slowly



Complete 3 sets of 10 repetitions. Rest 30s between sets.

Silverback Shrugs - Barbell

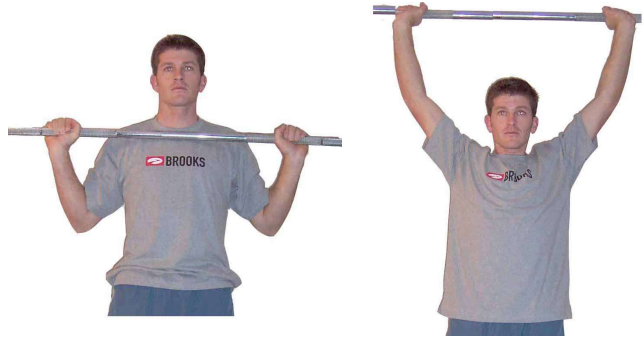
- Stand barbell in hand
- Shoulder width grip
- Bend over about 90 degrees.
- Shrug shoulders toward the ceiling
- Keep arms straight
- Lower bar slowly



Complete 3 sets of 10 repetitions. Rest 30s between sets.

Military Press - Barbell

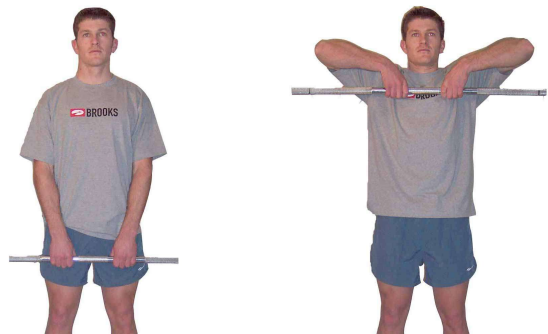
- Sit and grip barbell wider than shoulder width
- Hold barbell across front of shoulders
- Press barbell overhead
- Elbows remain directly under hands throughout the movement



Complete 2-4 sets of 10 repetitions. Rest 30s between sets.

Upright Row - Barbell

- Stand, barbell held with a narrow grip
- Barbell resting on front of thighs
- Pull barbell to the upper chest
- Aim to get elbows level with ears
- Slowly lower barbell back to the start position



Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Lateral Raise - Dumbbell

- Stand feet hip width apart
- Dumbbells held in front of thighs
- Palms facing inward
- Lift dumbbells laterally to shoulder height
- At top of action palms face downward
- Maintain posture throughout



Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Front Raise - Dumbbell

- Shoulder width stance
- Dumbbells held in front of thighs
- Palms facing thighs
- Dumbbells are lifted to eye level
- Maintain fixed posture throughout movement



Complete 2-4 sets of 8-10 repetitions. Rest 30s between sets.

Reverse Fly - Lying

- Lie face down on a high bench
- Dumbbells hang below shoulder
- Palms facing each other
- Lift dumbbells laterally until level with shoulder
- Pause at top of action
- Slowly lower back to start position



Complete 2-4 sets of 10 repetitions. Rest 30s between sets.

Lat Pulldown

- Sit upright, look forward
- Wider than shoulder width grip
- Palms facing forward
- Pull bar to chin
- Return bar to start position



Complete 2-4 sets of 10 repetitions. Rest 30s between sets.

Back Extension

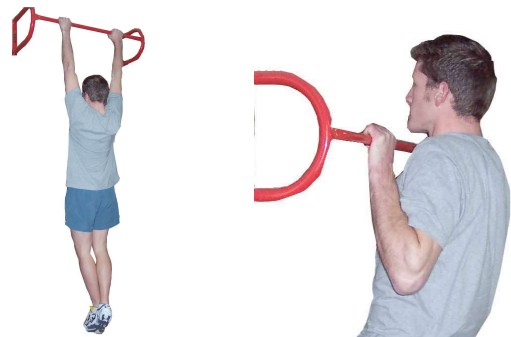
- Secure feet at the ankles, hips supported
- Hang forward over back extension bench, head down toward floor
- Slowly extend torso
- Ankle, hip, shoulder align at top of action
- Avoid hyperextension



Complete 2-4 sets of 12 repetitions. Rest 30s between sets.

Chin Up

- Grip high bar slightly wider than shoulder width
- Palms face forward
- From full hang, pull chin over bar



Complete 2-4 sets of 8-12 repetitions. Rest 45s between sets.

Triceps Stretch - Hand On Elbow

- Sit or stand
- Lift arm above head, bend elbow
- Rest hand between shoulder blades
- Use opposite hand to pull elbow down



Hold for 20-40 seconds. Repeat 1-3 times.

Pectoral Stretch - Hands Behind Back

- Stand, clasp hands behind back, interlace fingers
- Maintain an upright posture, chest out
- Roll shoulders back
- Lift arms upwards



Hold for 20-40 seconds. Repeat 1-3 times.

Posterior Shoulder Stretch - Arm Across Body

- Stand with arm across chest, palm facing down
- Use other arm to apply pressure to assist arm moving across chest
- Stop at a point when a mild stretch is felt



Hold for 20-40 seconds. Repeat 2-4 times.