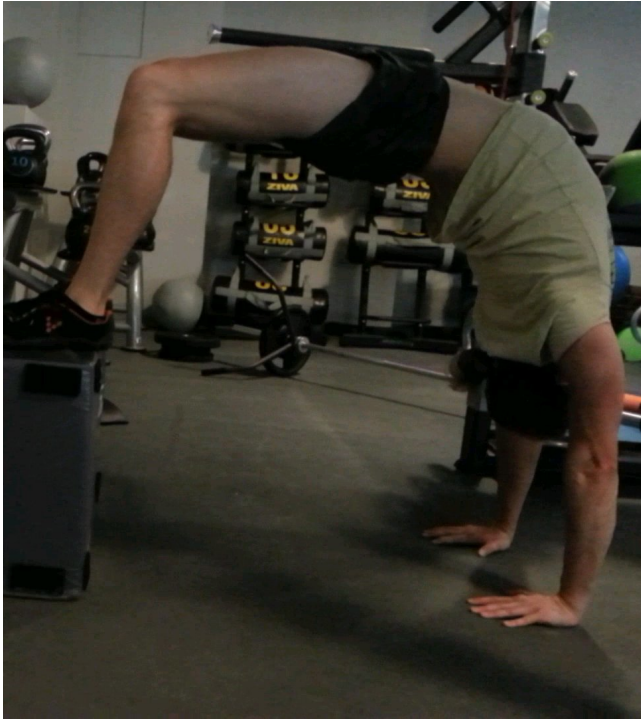


Routine

Shoulder Health



Duration: **10-15 min**

Exercises

- A. Pulley Facepulls to Overhead Press (3x10-12r)
 - You thumbs lead the way - try to let them stay past your elbows.
- B. Overhead Kettlebell Carries (3x25m per side)
 - Push up actively to the ceiling
 - Engage your core and stay straight
- C. Lying Lateral Raises (3x10-12r)
 - Yeah - nothing much to say to this one. Go slow and controlled..

Exercises

- A. Standing Side Lateral Raises (3x10-12r)
 - Same as before. Control is your best friend...
- B. Prone End Range ER Work (3x4rx10s holds + 8 lifts)
 - Work at your end range and try to get a tiny bit higher every repetition.
- C. Pulley Facepulls to Overhead Press (3x10-12r)
 - You thumbs lead the way - try to let them stay past your elbows.

Tips

Go slow an all these exercises here