



FLOW

PERFORMANCE

SHOULDER STRENGTH &
STABILITY MANUAL

WHY DO YOU HAVE PAIN?

The shoulder is one of the most mobile and unstable joints in the human body which is often why pain is not unusual. This complex joint integrates with the humerus and scapular to provide you with the most range of motion in any joint of the body.

When we assess peoples shoulders we often see that the surrounding muscles are often tight and weak which causes over compensation through some muscles and leaves you with pain and dysfunction.

Creating balance through the front of the shoulder (pec and bicep) while building strength through the posterior cuff (Rhomboids and lower traps) will often fix peoples dysfunction and pain.



HOW TO GET THE MOST OUT OF THIS PROGRAM

The exercises we've outlined are a great place to start, they should be done slowly and without pain. This will mean slowing down, feeling the target muscle and building volume before increasing the weight.

Start with a rep scheme that you can hit with good form before increasing the volume (reps). Do what feels good, look for a burning sensation in the muscle and build the neuromuscular connection between your brain and the target muscle.

If you want specific help with your shoulders and programming we can set you up with your own personal BulletProof Shoulder Program where you'll work closely with a coach to keep you accountable and get rid of your pain as quickly as possible.



WARM UP SEQUENCES

[Face Pull](#)

[End Range Lat Pull Over](#)

[YTWL](#)

[6 Way Shoulder Raise](#)

[Deadbar Hang](#)



ANTERIOR STRENGTH & LENGTH

[Supinated Dumbbell Bench](#)

[Pec Flys](#)

[Archer Fly](#)

[45 Degree Incline Hammer Curls](#)

[Deficit Push Up](#)



POSTERIOR STRENGTH & STABILITY

[Trap 3 Raise](#)

[Cuban Rotations](#)

[Powell Raise](#)

[Lean Away Lateral Raise](#)

[Seated Elbow On Knee External Rotations](#)

[Half Kneeling KB Bottoms Ups Press](#)

[Arnold Z Press](#)

[KB SOTs Press](#)

[SOTS PRESS](#)

[Behind the Neck Snatch Grip Push Press](#)



LAT LENGTH & STRENGTH

[DB End Range Lat Pull Over](#)
[Straight Arm Banded Pull Down](#)
[Banded Lat Pull Down](#)
[Supine Bent Over Row](#)
[Pendlay Row](#)





THANK YOU FOR TAKING THE TIME TO READ THE GUIDE

If you need any further help, please do not hesitate in contacting us
to see if or how we can help.

Thank you for choosing Flow Performance

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