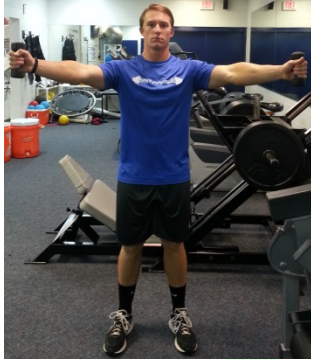
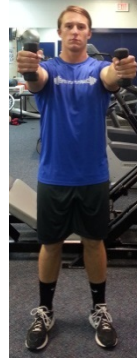


SHOULDER PROGRAM



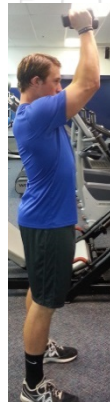
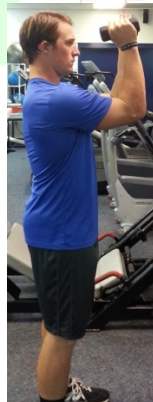
"Y" Raises 3 x 15



Front Raises 3 x 15



Side Raises 3 x 15



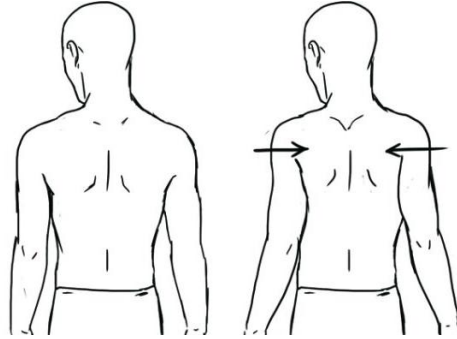
Up Down's 3 x 15

EMPIRE SPORTS

SP

PERFORMANCE

**These exercises could be performed laying down on a table or standing up. Remember to activate your scapulars before each rep and keep them activated throughout the exercise and release them after each rep. When activating your scapulars, take shoulder straight back and pinch the middle of your back. See picture below.*



"L" Pulls 3 x 15



Straight Arm Pull Downs 3 x 15



Front Raises 3 x 15



"L" Forward Pulls 3 x 15



Internal Rotation & External Rotation 3 x 15

EMPIRE SPORTS

ESP

PERFORMANCE

**All shoulder program exercises should to be performed slow and controlled. 0 lbs. to 5 lbs. is the recommended weight for these exercises. If you do not feel the burn, you must slow your reps down.*