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## DYNAMIC STRETCHING SHOULDER WARM-UP

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Each stretch should be done 6 ~ 8 repetitions each.

- 1) Keep elbows at 90° rotate outward, bringing shoulder blades together.



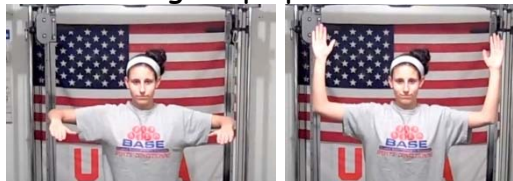
- 2) Hands on hips, bring elbows back together, trying to touch them behind the back. Try to make each stretch bigger than the one before it.



- 3) Elbows bent at 90° in front, shoulder width apart. Rotate backward, keeping elbows up, and bringing shoulder blades together.



- 4) Elbows up at shoulder height, bent at 90°, externally rotate, keeping elbows in a fixed position, rotating so that fingertips point down toward the ground.



- 5) Arms at streamline, hands stacked, bring arms down, and back, getting the elbows behind the upper back, hands up, elbows at 90°. Take care not to hyper extend through the lower back. Chin up off the chest.

