

NORTHERN SWIMMING



SHOULDER PREHAB EXERCISE PROGRAM

September 6, 2024

(at HOME Program begins September 30, 2024)

BEFORE YOU GET STARTED:

All the exercises for both your warm-up and strength circuit include a link with a visual demonstration of the exercise. Please take the time to view all the videos before starting to perform any of the exercises.

PRESEASON FREQUENCY OF PERFORMING THE PRIMARY EXERCISES

You should perform this complete set of Primary exercises at HOME the following number of times (days) per week in preparation for the upcoming season:

⇒ Week 1 (9/30/2024-10/4):	2 Times Per Week (2-3 circuits)
⇒ Week 2 (10/7-10/11):	3 Times (2-3 circuits)
⇒ Week 3 (10/14-10/18):	4 Times (3 circuits)
⇒ Week 4 (10/21-10/25):	5 Times (3-4 circuits)
⇒ Week 5 (10/28-11/1):	5 Times (3-4 circuits)
⇒ Week 6 (11/4-11/8):	4 Times (4 circuits)
⇒ Week 7 (11/11-11/15):	3 Times (4 circuits)

Note: Quality over Quantity. Perform the reps in a slow and controlled manner. The goal is to get stronger, and to be prepared for the upcoming season, not to race through it mindlessly.

Dynamic Warm-up/Mobility Circuits.

Perform the following before the strength circuits. All should be done in slow, controlled movements.

- **Shoulder Controlled Articular Rotations (CAR): 1 x 3 to 5 reps per side.**
 - <https://youtu.be/NHjza05OLNE>



- **Scapula CAR: 1 x 5 to 8 reps per side.**
 - <https://youtu.be/sq35hoJWLg0>



- **Lumbar Locked Cat Camel: 1 x 5 reps.**

- <https://youtu.be/daEQHZwf-tU>



- **Dead Bug Floor Slides: 1 x 5 reps.**

- <https://youtu.be/ZtcpBztji78>



- **Swimmers Hovers: 1 x 3 reps.**

- <https://youtu.be/4sRUwmB6vR8>
- Please watch the video as there are multiple movements involved.

Strength Circuit.

Perform the following circuit one exercise after the other, for the desired reps, with little to no rest in between for a total of 2 to 4 rounds (this will be based on the week as detailed above). Rest 2 minutes before the next round.

- **Bird Dog x 10 total reps.**
 - <https://youtu.be/-YpqOq1Gmvs>



- **Quadruped Scapular Push-Ups x 10 reps.**
 - <https://youtu.be/GDegoA-p5zQ>



- **Superman Y's x 8 reps (2 second hold at the top).**

- <https://youtu.be/Vy6rSG4CKT0>



- **Superman T's x 8 reps (2 second hold at the top).**

- <https://youtu.be/BDXEUdPILRQ>



- **Superman W Pull x 10 reps.**
 - <https://youtu.be/0rVlf0RpZcA>



- **Rest 2 minutes.** Complete the required number of circuits based on how it is detailed in the beginning of this document.

AFTER ALL CIRCUITS HAVE BEEN COMPLETED

- **Finish with Planks: 3 sets of 30-60 seconds, or Side Planks: 3 sets of 20-40 seconds per side.**

