

5-Minute Bodyweight Shoulder Warm Up



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ExercisesForInjuries.com

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Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

5-Minute Bodyweight Shoulder Warm Up is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true. I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

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Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.



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Introduction

I wanted to go through a Shoulder Primer Workout specifically with the Suspension Trainer. When it comes to a primer workout, it is just priming up your joint and muscles for the workout that you are going to put it through.

A lot of times what I find people would do is they will do a warm up and all they are doing with their warm up is loosening up the joint and that's important. But what's more important is waking up and priming up the muscles so that they are ready for the workout and that the stabilizing muscles that protect that joint are ready to do their jobs.

Looking at what we end up doing day to day, a lot of times those stabilizing muscles that protect the joint are not working properly. From sitting so much or with poor posture or with back pain, those stabilizing muscles aren't working properly.

You need to do the appropriate warm up and I call it the Primer Workout in order to loosen up that joint, in order to wake up the muscles, in order to wake up those stabilizing muscles.

I am going to go through an example when it comes to a shoulder primer workout with the suspension trainer.

Video Presentation

Go here to watch the YouTube video presentation of the exercises:
<https://vimeo.com/128505583> (5:53 minutes)

Suspension Trainer Shoulder Primer Workout Exercises

#1 – 3 Way Row

With the 3 Way Row, you are going through a rowing movement and your elbows or upper arms are in 3 positions.



You start with that upper arm close to you and you are going through 5 or 10 repetitions.

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Then you are going to move the arms being about 30 to 45 degrees away from your body.



And then the third position is your arms are going to be up at about 80 degrees from your body.

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With those changes in position, when your arms are close your rotator cuff isn't working that much but as I bring my arms further away from me the rotator cuff ends up working more. And then as my arms move away from your body, your scapular muscles or shoulder blade muscles work more.

#2 – Letter Exercises

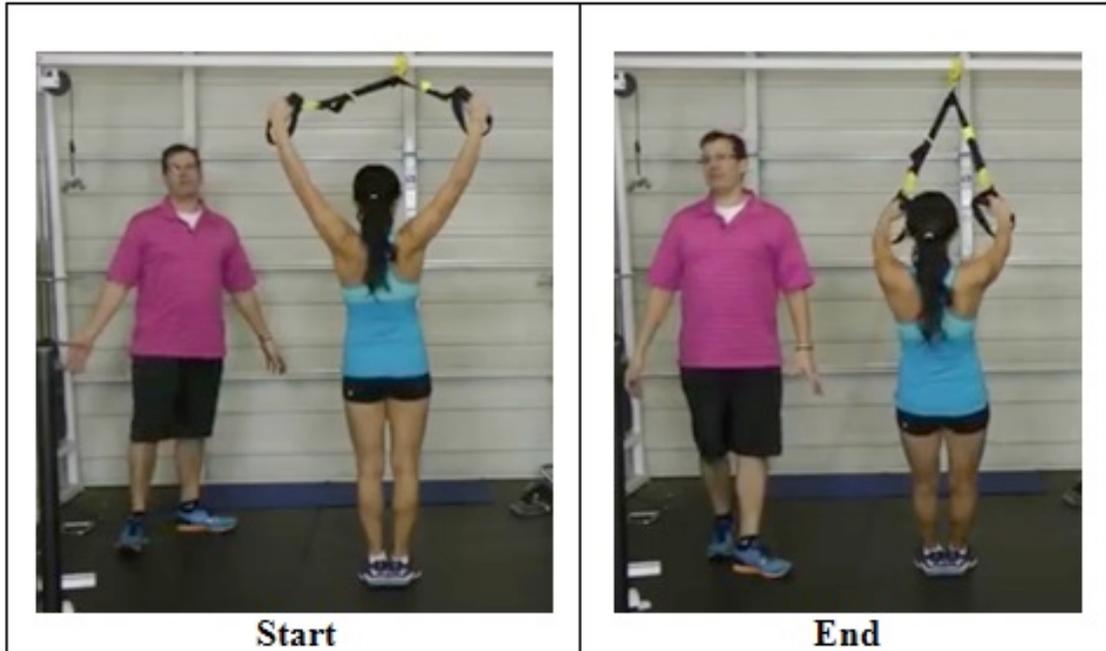
- T Exercise



T Position

Put the arms out to the side just below shoulder height. Arms are straight, bring the arms back and really targeting those scapular muscles, specifically the rhomboids and mid traps.

- Y Exercise



Y Position

With this Y exercise we are really targeting that lower trapezius.

- I Position



I Position

With the I exercise, you are working on full shoulder motion. With all 3 of those letter exercises, we are going 5 to 10 repetitions. And you are doing what range of motion that you can.

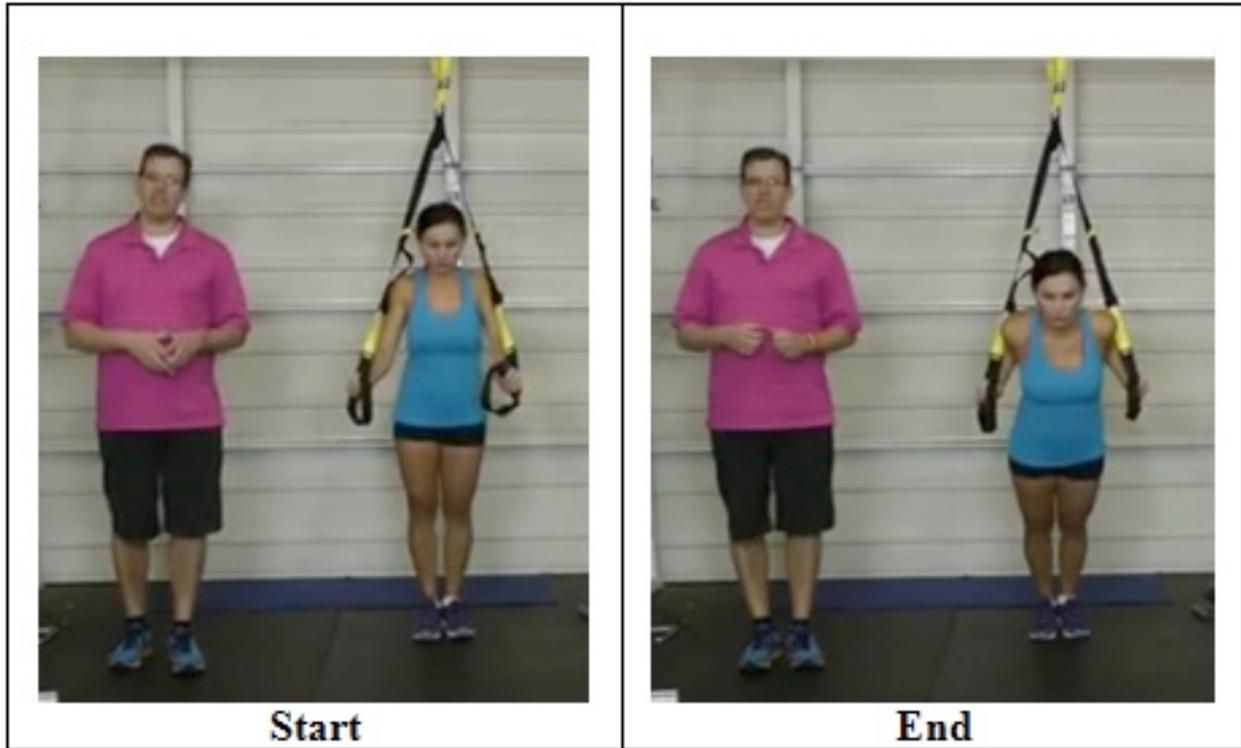
#3 – Pec Fly



It's almost like a bear hug movement and same thing 5 or 10 repetitions to wake things up.

#4 – Chest Press

A 3 Way Chest Press is just like the 3 way row.



She has her arms close to herself about 0 degrees

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And then the next one is a little bit further away from the body about 30 to 45 degrees.

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And then last one is at 80 degrees.

With this little primer workout, it just warms things up. It just takes a couple of minutes and we have covered everything that we want to do in the shoulder. We have worked on rowing, we have worked on pushing movements, and we have wakened up those scapular muscles and wakened up the shoulder so it ends up working properly over head.

So there you go. Give that shoulder primer work out a go, especially the Suspension Training one that we went through.

About Rick Kaselj

Rick Kaselj, M.S. (Exercise Science), B.Sc. (Kinesiology), PK, CPT, CEP, CES



Rick Kaselj specializes in active rehabilitation and fitness. He works in one-on-one and in group rehabilitation settings, educating and training people who have been injured at work, in car accidents, and during sport activities.

Rick has combined his rehabilitation experience and passion for research to develop a variety of courses and presentations for fitness professionals, Kinesiologists, and healthcare providers. Rick has given more than 263 presentations to 5031 fitness professionals across Canada and USA.

These courses include:

- Core stability of the shoulder
- Exercise rehabilitation for the shoulder, lower back, hip, or knee
- Foam roller essentials
- Intro and advanced core stability
- Intro and advanced stability ball exercises
- Postural assessment and exercise prescription
- Injury-free running
- Save your shoulders
- Training for better golf

Rick strives to balance his work life with his personal fitness endeavors and travel. He has trained for and competed in the Manitoba Marathon, the 225km Ironman Canada Triathlon, and the 160 km Sea2Summit Adventure Race in Whistler, BC. He recently hiked 4,300 km along the Pacific Crest Trail from Mexico to Canada and mountain biked the 5,000 km Great Divide Mountain Bike Route over the Rocky Mountains from Mexico to Canada. An avid traveler, Rick has toured three continents and visited 17 countries.

In 1997 he graduated with his Bachelor of Science degree in Kinesiology from Simon Fraser University. Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff. Rick currently works as a lecturer, Kinesiologist, personal trainer, and exercise rehabilitation specialist in and around Vancouver, British Columbia, Canada.

To learn more about Rick Kaselj, please visit www.ExercisesForInjuries.com

About Healing Through Movement



Healing Through Movement

Fitness • Rehabilitation • Presentations • Publications

Healing Through Movement has been helping people reach their health, fitness, rehabilitation and sport goals since 1999.

How Healing Through Movement can help you:

Active Rehabilitation – This individualized program is designed to help you overcome injury by using flexibility, endurance, strength and cardiovascular exercises.

Adaptive Fitness – A personalized exercise program designed for youth and adults with special needs. The types of special needs may include cerebral palsy, multiple sclerosis, brain injury and/or developmental disability.

Adventure Travel Presentations – A full sensory experience including music, images, and storytelling on the experience and adventure of hiking the 4,300 km Pacific Crest Trail, cycling Cuba, and cycling the Rockies from Mexico to Canada.

Corrective Exercise – An exercise program designed to address your muscle imbalances and areas of tightness and pain.

Endurance Training – An individualized training program created to help you complete your desired running, cycling, duathlon, triathlon, or adventure race.

Exercise Rehabilitation – An exercise program designed to help you recover from your injury or medical condition in a safe and effective manner.

Exercise Rehabilitation Courses – Education and training for registered Kinesiologists, exercise therapists, and personal trainers on the use of exercise as a safe and effective tool to recover from back, shoulder, knee, hip, ankle, elbow and wrist injuries.

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Expedition Training – Forming a complete plan including gear selection, route preparation, nutrition guidelines and a training program to help accomplish your hiking, biking or kayaking dream.

Personal Training – An exercise program to help you reach your weight loss, strength gain, and body shape improvement goals.

Post Rehabilitation – After you have completed physical therapy, chiropractic or massage therapy treatment, this is an exercise program designed to help you recover from your injury and return your body back to where it was before your injury.

Pool Therapy – Use the pool environment to decrease stress on joints and to help your body recover from injury by improving range of motion, strength, endurance and balance.

Where can Healing Through Movement meet me:

In Person – Healing Through Movement can meet you at your home, local community centre or fitness centre to help you achieve your health, fitness, training, sport, travel or rehabilitation goals.

Phone/Online Training – More clients are meeting with Healing Through Movement over the phone or through email to reach their health, fitness, training, sport, travel or rehabilitation goals.

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Founder of Healing Through Movement - Rick Kaselj

Rick Kaselj is a Registered Kinesiologist and Personal Trainer with a passion for exercise rehabilitation. Rick designs effective exercise programs that safely and rapidly help his clients recover from an injury, medical condition, and/or musculoskeletal pain, and reach their health, rehabilitation, and sport goals. Rick presents courses on exercise rehabilitation and adventure travel across Canada and USA. To reach Rick, call (888) 291-2430 or visit www.HealingThroughMovement.com.



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