



Daily Shoulder Fix Check List

Week 1-2

Put a check mark to represent a completed exercise for that day. A good week will have 2-3 checks for each day. 14 checks a week minimum, for best results

Hold the stretches for a minimum of 2-3 minutes and complete 3 minutes of rolling on each side (6 minutes total for foam rolling).

| | Exercises | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|--------------------|-------|-------|-------|-------|-------|-------|-------|
| Week 1 | Pec Minor Stretch | | | | | | | |
| Week 2 | | | | | | | | |
| Week 1 | Serratus Foam Roll | | | | | | | |
| Week 2 | | | | | | | | |



Week 3-4

Put a check mark to represent a completed exercise for that day. A good week will have 2-3 checks for each day. 14 checks a week minimum, for best results.

Hold the bar hangs for a minimum of 1-2 minutes (work up to that if you have to) and complete 2-3 minutes of tissue release on each side.

| | Exercises | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|--------------------------|-------|-------|-------|-------|-------|-------|-------|
| Week 1 | Bar Hang | | | | | | | |
| Week 2 | | | | | | | | |
| Week 1 | Doorway LAX Ball release | | | | | | | |
| Week 2 | | | | | | | | |



Week 5-6

Put a check mark to represent a completed exercise for that day. A good week will have 2-3 checks for each day. 14 checks a week minimum, for best results.

Complete 3 minutes of rolling on each side (6 minutes total for foam rolling). Do 2 sets of 10-12 external rotations for each arm.

| | Exercise | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|--------|----------------------------|-------|-------|-------|-------|-------|-------|-------|
| Week 1 | Chest Foam Roll | | | | | | | |
| Week 2 | | | | | | | | |
| Week 1 | Stick Tissue release | | | | | | | |
| Week 2 | | | | | | | | |