



CRAP SESSION 1 – SHOULDERS

Warm Up

- 1. Threading the needle** - repeat on same side for 10 reps then change sides. Repeat both sides ie 20-30 in total on each side.
- 2. Thoracic extension** – gently roll and /or hold each position for approx. 30-60 seconds.
- 3. Shoulder circles** - 20 on each shoulder - 10 forwards, 10 backwards.

Main Skills

- 4. Lat engagement** – single arm, double arm, streamline, streamline with lunge – 10 in each position.
- 5. "W" fly** - Repeat 10 times and rest. Repeat 2-3 times until you feel the burn!!
- 6. Dumbbell fly**- Work in sets of 8 - 10 or until fatigued. 2-3 x through each set.
- 7. Catch positioning** - Repeat catch and release phase for 8-10 reps on each arm approx. 2 - 3 times through.
- 8. Catch & pull sequencing** - Do one arm for 8 - 10 reps then repeat with the other arm. Alternate arms / exercise ball / balancing on one foot. 2- 3 sets.

Cool Down / Stretching

- 9. Round the World** – 10 on each arm. 2 -3 x through.
- 10. Pec stretch and shoulder cool down** – Hold for 2-3 minutes and relax.

Work at your own pace and take rest between sets and between exercises. You can run through skills 4 – 8 in a circuit-style program working one set of each skill through all skills and then return to the top of the main skills section.