

MBSC Adult Intro Program: Strength Training w/ Shoulder Pain													
Weeks 1-3													
Foam Rolling				Foam Roll				Foam Roll					
Mobility Circuit				Mobility Circuit				Mobility Circuit					
Spiderman				Spiderman				Spiderman					
Box Hip Flexor with Breathing				Box Hip Flexor with Breathing				Box Hip Flexor with Breathing					
Hip Rotator				Hip Rotator				Hip Rotator					
Kneeling T-Spine rotations				Kneeling T-Spine rotations				Kneeling T-Spine rotations					
Yoga-Table		Calf Stretch & Ankle mobility Drill		Yoga-Table		Calf Stretch & Ankle mobility Drill		Yoga-Table		Calf Stretch & Ankle mobility Drill			
90/90 Breathing on Wall: 2 Rounds of 5 Breathes				90/90 Breathing on Wall: 2 Rounds of 5 Breathes				90/90 Breathing on Wall: 2 Rounds of 5 Breathes					
Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side				Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side				Bi-lateral Hip Lift 3 x 10 seconds & Single Leg hip Lift 3 x 10 ea. side					
Toe Touch Squat x 10		Mini-Band Circuit (squats, lateral walks, single leg holds)		Toe Touch Squat x 10		Mini-Band Circuit (squats, lateral walks, single leg holds)		Toe Touch Squat x 10		Mini-Band Circuit (squats, lateral walks, single leg holds)			
Split Squat Hold + 5 Reps				Split Squat Hold + 5 Reps				Split Squat Hold + 5 Reps					
Lateral Squat x 5 ea				Lateral Squat x 5 ea				Lateral Squat x 5 ea					
SLDL x 10 ea				SLDL x 10 ea				SLDL x 10 ea					
Bear Crawl				Inchworm				Bear Crawl					
Lateral Crawl				Forward Skip				Lateral Crawl					
High Knee Run				Shuffle				High Knee Run					
Carioca				Vertical Jump (no box risk of falling)				Carioca					
Box Jump: 3 x 5				Vertical Jump (no box risk of falling)				Box Jump: 3 x 5					
Kneeling Chest Pass: 3 x 10				Core Act. Leg Lowers 2 x 10 ea.				Standing OH Throw: 3 x 10 ea side					
Plank Circuit: 3 x :20/:25/:30 ea				Core Act. Deadbug 2 x 10 ea.				Plank Circuit: 3 x :20/:25/:30 ea					
KB Deadlift				Goblet Squat to Box				KB Deadlift					
Week 1		Week 2		Week 3		Week 1		Week 2		Week 3			
2x8		3x8		3x10		2 x 8		3 x 8		3 x 10			
Inline Chop				Inline Lift				Inline Row (good arm)					
2x8		3x10		3x12		2x8		3x10		3x12			
Sumo Hold				Toe Touch Squat				6 Point Bear Crawl					
2 x :20		3 x :20		3 x :20		2 x 6		3 x 8		3 x 10			
Split Squats				Leg Curl 5 sec. Eccentrics				Leg Lowers w/ Core Act					
2x8		3x6		3x8		2 x 5		3 x 6		3 x 8			
Chin-Up or X-Pulldown				DB Bench				Split Squats					
2 x 5		3 x 5		3 x 5		2 x 8 ea		2x8		3x6			
One Arm X-Pulldown				One Arm Good Arm/Shoulder									
Floorslide or Wallslide				TRX Row				DB Row					
2 x 8		3 x 10		3 x 12		2 x 8		3 x 8		3 x 10			
Push-Up				Floor Slide and Wall Slide				(Good Arm/Shoulder)					
2 x 8		3 x 8		3 x 10		2x8		3x10		3x12			
Farmer Carry				Front Plank				Active Spiderman					
2 x Turf		3 x Turf		3 x Turf		2 x :20		3 x :20		3 x :25			
TK Anti-Rotation Hold (Use Good Arm/Shoulder)				Reaching or 1 KB SLDL				90/90 Hip Stretch					
2 x :15 ea		3 x :15 ea		3 x :20 ea		2 x 8 ea		3 x 8 ea		3 x 10 ea			
Conditioning				w/ RNT pulling the knee in				(Good Arm/Shoulder)					
Week 1		Week 2		Week 3		Week 1		Week 2		Week 3			
x 8		x10		x 12		x4		x5		x6			
Tempo Runs (DEPENDING ON SPACE)				Suitcase Carry				Foot Elevated SL Hip Lift					
Turf: Down and Back x 1 Minute Rest				2 x Turf		3 x Turf		2 x 8		3 x 8		3 x 10	
or				TK Push/Pull				Farmer Carry					
Treadmill				2 x 8 ea		3 x 8 ea		2 x Turf		3 x Turf		3 x Turf	
15/45 off, 5 Incline				2 x 8 ea		3 x 8 ea		2 x Turf		3 x Turf		3 x Turf	
				Conditioning				Conditioning					
				Week 1		Week 2		Week 1		Week 2		Week 3	
				x4		x5		1 mile		1.5 mile		2 mile	
				Down and Back = 1				Record Times					
				Bike Sprints :20/:40									
				x6		x7		x8					