SHOULDER WARM UP

Throwing straps





TIMBERLANDS

Pacific

Raise shoulders up towards ears Roll them back and downwards

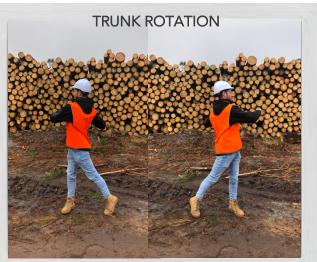
HANDS BEHIND BACK STRETCH



Grasp hands behind back Pull hands together and squeeze



Start with thumb up, hand by your hip Slowly lift arm up overhead on a 45deg



Twist your body and look to the right Twist your body and look to the left



Hold arms in front with palms facing together Pull shoulder blades back, taking hands away



Raise shoulders up towards ears Roll them back and downwards