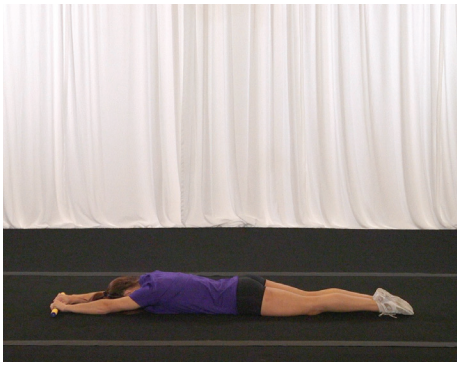
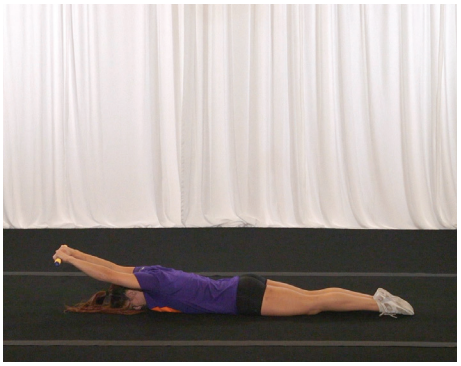
C.1 Shoulder Lifts

Drill Skill Module - Arm/Shoulder Conditioning

Start Position



End Position



1. Lie down on stomach with arms straight by ears.
2. Take a stick / dowel rod, put thumbs together holding on to the stick.
3. Keeping face on floor lift stick up.
4. Lift 20 times!

Supplies / Aids:

Video

Equipment Needed:

1. Stick / Dowel Rod or Foam noodle

Notes:

Tips & Tricks

1. The higher you can go, the better your shoulder flexibility is!

CONDITIONING