Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

Tips & Tricks

Shoulder Lifts in High V. T. and Low V with Thumbs Up and Down Drill Skill Module - Arm/Shoulder Conditioning

Start Position

End Position

- Athlete lies on stomach with arms up in a High V position.
- Athlete turns thumbs up and does lifts.

Start Position

- Athlete turns thumbs down and does lifts Repeat 20 times..
- Athlete then places arms in a Strong T position.
- Athlete repeats thumbs up and thumbs down lifts in a Strong T Repeat 20 times.
- Athlete then places arms in a Low V position.
- Athlete repeats thumbs up and thumbs down lifts in a Low V Repeat 20 times.

FUNdamentals 1

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