

THE 5-MINUTE SHOULDER RESET

A 30-second self-check + 3 moves to do before you lift

THE STRONG SHIFT

Cranky shoulders often aren't a strength problem — they're a control problem. This is the warm-up sequence I use with clients before upper-body training. Do it before you press, pull, or carry.

1 THE 30-SECOND SELF-CHECK

- **Overhead test.** Back to a wall, raise both arms overhead. If your ribs flare or low back arches to get there, that's a mobility limit — not weakness.
- **Side-by-side.** Raise one arm at a time out to the side. Note if one stops earlier, or pinches somewhere in the middle of the range.
- **Use it.** If one side is clearly worse, add one extra set on that side below.

2 THE THREE MOVES



BAND PULL-APART

2 × 15

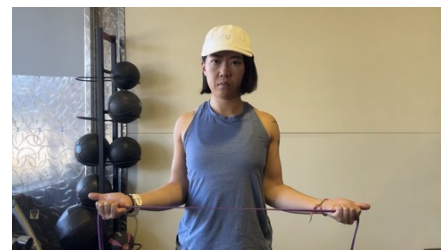
Arms straight at chest height.
Squeeze shoulder blades together, hold 1 second.



PLANK SHOULDER TAPS

2 × 10 / side

Feet wide for stability.
Tap the opposite shoulder without letting the hips rock.



BAND EXTERNAL ROTATION

2 × 12 / side

Elbow pinned to your ribs.
Rotate out, then a slow 2-second return.

3 MAKE IT STICK

- **Before every upper-body session.** It takes 5 minutes and doubles as your warm-up.
- **Stay pain-free.** A stretch is fine. Pinching, catching, or sharp pain is not — back off.
- **Uneven sides are normal.** Give the limited side one extra set until they even out.

SEE A PROFESSIONAL FIRST IF:

you've had a recent shoulder injury or dislocation, you can't lift your arm away from your side, or you have numbness or tingling down the arm.

READY FOR THE FULL PLAN?

BULLETPROOF SHOULDER is a 6-week progressive program — 3 days a week, 15-20 minutes a session, designed to layer on top of whatever training you're already doing. Full self-assessments, three progressive phases, and video demonstrations for every exercise.

thestrongshift.com