



# 30 DAY SHOULDER FIX

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## WEEK 1

Priority 1 is to resolve inflammation and start to establish good shoulder position. For this week eliminate any dynamic shoulder movements, grease the groove for solid shoulder mechanics [Crossover Symmetry], and hit some hard intervals. We will test out the front rack position at the end of the week, along with the power clean to establish it.

<b>WARM - UP</b>	CS Activation	<b>1</b>	<b>WARM - UP</b>	CS Activation	<b>2</b>	<b>WARM - UP</b>	CS Activation	<b>3</b>	<b>WARM - UP</b>	CS Activation	<b>4</b>	<b>5</b>	<b>WARM - UP</b>	CS Activation	<b>6</b>	<b>7</b>
<b>WOD</b>	5 Rounds (1min. Rest) 60m Sled Push (135/95) 10 Box Jumps		<b>WOD</b>	Deadlift 5.5.5.5.5		<b>WOD</b>	10 min. EMOM 100m Sprint		<b>WOD</b>	15 min. AMRAP 20 V Ups 50 Air Squats		<b>CS Activation/ Active Recovery</b>	<b>WOD</b>	4 Rounds 10 Sumodeadlift (135/95) 15 Front Rack Walking Lunges (135/95) 200m Run		<b>REST</b>
<b>POST WOD</b>	CS Recovery Shoulder MOB		<b>POST WOD</b>	CS Recovery Shoulder MOB		<b>POST WOD</b>	CS Recovery Shoulder MOB		<b>POST WOD</b>	CS Recovery Shoulder MOB			<b>POST WOD</b>	CS Recovery Shoulder MOB		

## WEEK 2

If you cleared the provocative test, it is now time to start adding some movement to the shoulder joint. We will keep the upper torso movements to horizontal pulling, while still avoiding pressing and any overhead movements. We are also now implementing skill portions to further progress shoulder training. The clearance test at the end of this week is the pushup.

<b>WARM - UP</b>	CS Activation	<b>8</b>	<b>WARM - UP</b>	CS Activation	<b>9</b>	<b>WARM - UP</b>	CS Activation	<b>10</b>	<b>WARM - UP</b>	CS Activation	<b>11</b>	<b>12</b>	<b>WARM - UP</b>	CS Activation	<b>13</b>	<b>14</b>
<b>SKILL</b>	Pushup Plus Bottom up KB carry		<b>SKILL</b>	Thoracic Rotation Tspine ext./flexion		<b>SKILL</b>	Pushup Plus Bottom up KB carry		<b>SKILL</b>	Thoracic Rotation Tspine ext./flexion		<b>CS Activation/ Active Recovery</b>	<b>WOD</b>	"The Chief" 5x3 min. AMRAP (1 min. Rest) 3 Power Cleans (135/95) 6 Push-ups 9 Squats		<b>REST</b>
<b>WOD</b>	21, 15, 9 Front squat (135/95) Supine Ring Rows		<b>WOD</b>	2k Row		<b>WOD</b>	7 min. EMOM 3 Power Clean (185/135) 5 Box Jump		<b>WOD</b>	10 Rounds 10 Repegade Rows (55/35) 30 Double Unders			<b>POST WOD</b>	CS Recovery Shoulder MOB		
<b>POST WOD</b>	CS Recovery		<b>POST WOD</b>	Shoulder MOB		<b>POST WOD</b>	CS Recovery		<b>POST WOD</b>	Shoulder MOB						

## WEEK 3

We have now cleared the way for some pushing movements, however they will be restricted to below shoulder height. We will also start implementing the Strength program and will be working on some more complex shoulder positions. Testing out this week will be some overhead movement while under fatigue.

<b>WARM - UP</b>	CS Activation	<b>15</b>	<b>WARM - UP</b>	CS Activation	<b>16</b>	<b>WARM - UP</b>	CS Activation	<b>17</b>	<b>WARM - UP</b>	CS Activation	<b>18</b>	<b>19</b>	<b>WARM - UP</b>	CS Activation	<b>20</b>	<b>21</b>
<b>SKILL</b>	L:Sit Wall Slide		<b>SKILL</b>	Hanging Scap Retract Hanging Ring Support		<b>SKILL</b>	L:Sit Wall Slide		<b>SKILL</b>	Hanging Scap Retract Hanging Ring Support		<b>CS Activation/ Active Recovery</b>	<b>WOD</b>	1000m Row 20 Wall Balls/10 Pullups 750m Row 15 Wall Balls/8 Pullups 500m Row 10 Wall Balls/6Pullups *Strict Pullups		<b>REST</b>
<b>WOD</b>	Run 1 Mile 10, 8, 6, 4, 2 Burpee/Supine Ring Rows Run 1 Mile		<b>WOD</b>	Back Squat 3.3.3.3.3		<b>WOD</b>	Every 4 min. for 16 min. 500m Row 10 Hand Release Pushups 20 Abmat Situps		<b>WOD</b>	3 Rounds 200m Run 5 Deadlift (275/185) 10 Burpee Over Bar			<b>POST WOD</b>	CS Recovery		
<b>POST WOD</b>	CS Recovery		<b>POST WOD</b>	Strength		<b>POST WOD</b>	CS Recovery		<b>POST WOD</b>	Strength						

## WEEK 4

This week we will start working overhead, but with restrictions on load and volume. The skill work will focus on scapular mobility and stability under load, and will test out the week with some serious shoulder volume.

<b>WARM - UP</b>	CS Activation+	<b>22</b>	<b>WARM - UP</b>	CS Activation+	<b>23</b>	<b>WARM - UP</b>	CS Activation+	<b>24</b>	<b>WARM - UP</b>	CS Activation+	<b>25</b>	<b>26</b>	<b>WARM - UP</b>	CS Activation+	<b>27</b>	<b>28</b>
<b>SKILL</b>	Arnold Press PVC Pass Through		<b>SKILL</b>	KB Arm Bar		<b>SKILL</b>	Arnold Press PVC Pass Through		<b>SKILL</b>	KB Arm Bar		<b>CS Activation/ Active Recovery</b>	<b>WOD</b>	5 Rounds (2min. Rest) 5 Power Snatch (115/75) 10 Burpees 15 Push Press (115/75)		<b>REST</b>
<b>WOD</b>	5 Rounds 5 Push Press 10 Pendlay Rows *Not for time		<b>WOD</b>	10min AMRAP 5 Front Squats (185/135) 30m Shuttle Run (10, 20, 30)		<b>WOD</b>	3 Rounds 10 DB Thrusters (55/35) 15 Russian KB Swings (72/53) 20 Overhead Lunges		<b>WOD</b>	Every 2 min. for 16 min. 4 Cleans (155/115) 6 Strict Pullups 9 Ring Push Ups			<b>POST WOD</b>	Strength		
<b>POST WOD</b>	Strength		<b>POST WOD</b>	CS Recovery		<b>POST WOD</b>	Strength		<b>POST WOD</b>	CS Recovery						