

Arm/Shoulder Stretching Warm Up: These exercises should be completed before any band routine as a warm up. They should be performed for 10-15 seconds with approximately 5-10 seconds in between exercises.

1. Forward Arm Circles (Slow Rotations - Starting With Small Circles and Gradually Building Up to Larger Rotations.)
2. Reverse Arm Circles (Slow Rotations - Starting With Small Circles and Gradually Building Up to Larger Rotations.)
3. Cross Body Shoulder/Lat Stretch
4. Overhead Triceps/Lat Stretch
5. Bush-Wackers (Start With Slow and Controlled Movements Then Gradually Increase Speed As You Progress.)
6. Prayer Press
7. Prayer Press Circles
8. Forearm Flexor Stretch - Fingers Up
9. Forearm Flexor Stretch - Fingers Down