

Arm

Strength

WARMUP PDF



@twicethespeed

Note: All exercises in this warm up that are single arm should be performed with the prescribed sets and reps on **BOTH** sides. Do the reps for your right arm and then for your left and that is one set complete. All exercises should have about 10-15 seconds of rest between them.

1. Single Arm Face Pulls | 2 Sets | 10 Reps |

How To Perform: Start with you arm straight out holding the band as in the first picture. With a nice tempo of 3 seconds pull straight back and pause for 1-2 seconds as in the second picture. Proceed back to the first stance with a 3 second count as well. Make sure the band is at shoulder height.



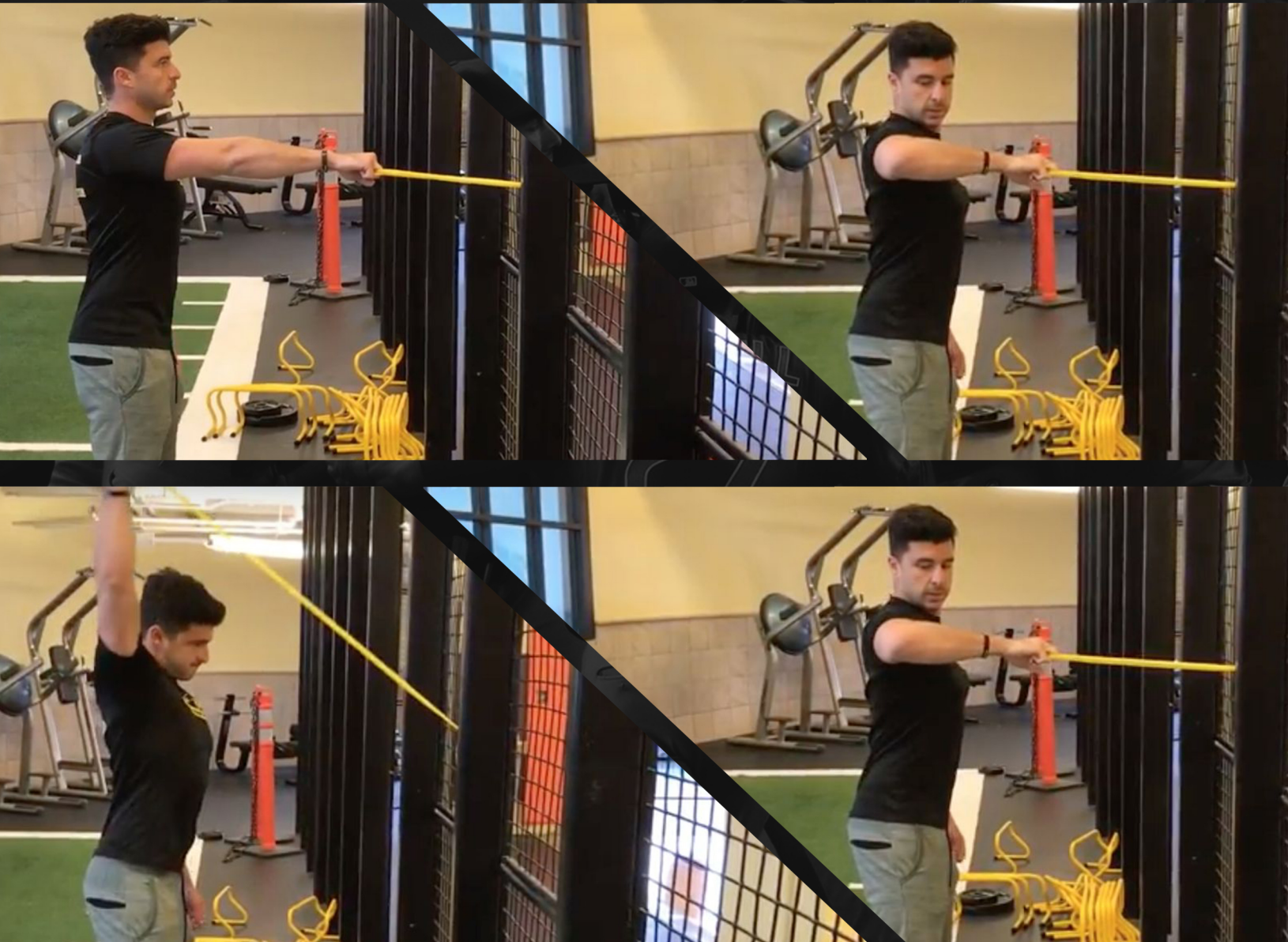
2. Single Arm Face Pulls w Backward Rotation | 2 Sets | 10 Reps |

How To Perform: There are three steps to this exercise. The first two you perform the same steps as exercise 1. Start with your arm straight and do a straight pull back until you look like the second image. From there do a 45 degree rotation backwards until your arm forms a 90 degree angle and looks like the third image.



3. Single Arm Face Pulls w Backward Rotation and Shoulder Press | 2 Sets | 5 Reps |

How To Perform: The first three phases involve a similar process as the last two exercises. Start with your arm straight, pull it back, rotate 45 degrees, and then the last step involves pressing straight up. Once you do the shoulder press lower straight down forward slowly back to the starting position.



4. Single Arm External Rotation | 2 Sets | 10 Reps |

How To Perform: Make sure the band is waist high first. Start with your arm positioned at 90 degrees, hand holding the band facing towards yourself. From here, rotate externally (only as far as comfortable) at a slow pace. Return to the starting position again.



5. Single Arm Internal Rotation | 2 Sets | 10 Reps |

How To Perform: Make sure the band is positioned waist high. Start with your arm at 90 degrees, this time your hand facing away. You should be holding the position in the first photo. From here rotate internally at a slow pace again until your hand touches right below your ribs. Return to starting position.



6. Single Arm Kickbacks | 2 Sets | 8 Reps |

How To Perform: Start with your arm slightly forward from a straight down position as in the first photo. You can have a slight lean forward to assist the angle. From here move your arm back while keeping it straight and end as in the second photo. Return to the starting position.



7. Single Arm Front Raises | 2 Sets | 8 Reps |

How To Perform: This is similar to the last exercise except you are now facing forward. With the arm straight down again pull the band forward this time. Keep your palm facing down the whole time. Return to the starting position.



8. Single Arm Diagonal Raises Backwards | 2 Sets | 6 Reps |

How To Perform: Start with your arm grasping the band across your body. You should see the form in the first image. From here pull externally away from your until your arm is in line with your torso. Return to starting position.



9. Single Arm Diagonal Raises Frontwards | 2 Sets | 6 Reps |

How To Perform: Start with your arm down holding the band. From here pull forward across your body to end as in the second picture. You should keep your palm facing up for this exercise.

