



FLOW

P E R F O R M A N C E

**ULTIMATE GUIDE TO
BULLET PROOF SHOULDERS**



FLOW
PERFORMANCE

Thanks for downloading our Ultimate Guide to Bullet Proof Shoulders. In this ebook you're going to discover the exact exercises we use to banish painful shoulders and build bullet proof shoulders capable of withstanding anything life throws at it.

WHY DO YOU HAVE PAIN?

The shoulder is one of the most mobile and unstable joints in the human body which is often why pain is not unusual.

This complex joint integrates with the humerus and scapular to provide you with the most range of motion in any joint of the body.

When we assess people's shoulders we often see that the surrounding muscles are often tight and weak which causes over compensation through specific muscles and leads to pain and dysfunction.

HOW DO YOU FIX SHOULDER PAIN?

Contrary to popular belief, doing nothing and resting is probably not the best option to solving your shoulder pain.

When we assess people's shoulder we are looking to understand the balance between the anterior (Front) & posterior (Back) muscles.

What we have found over the course of our careers and screening thousands of shoulders is that muscular imbalances & mobility blocks are the cause of 95% of shoulder pain.

These imbalances and blocks cause movement dysfunctions which ultimately leads to over use of a specific region of the shoulder and then pain.

HOW TO GET THE MOST OUT OF THIS PROGRAM

The exercises we've outlined are a great place to start, they should be done slowly and without pain. This will mean slowing down, feeling the target muscle and building volume before increasing the weight.

Start with a rep scheme that you can hit with good form before increasing the volume (reps). Do what feels good, look for a burning sensation in the muscle and build the neuromuscular connection between your brain and the target muscle.

If you want specific help with your shoulders and programming we can set you up with your own personal BulletProof Shoulder Program where you'll work closely with a coach to keep you accountable and get rid of your pain as quickly as possible.

WARM UP SEQUENCES

- **Face Pull**
- **End Range Lat Pull Over**
- **YTWL**
- **6 Way Shoulder Raise**
- **Deadbar Hang**

ANTERIOR STRENGTH & LENGTH

- **Supinated Dumbbell Bench**
- **Pec Flys**
- **Archer Fly**
- **45 Degree Incline Hammer Curls**
- **Deficit Push Up**



**POSTERIOR
STRENGTH & STABILITY**

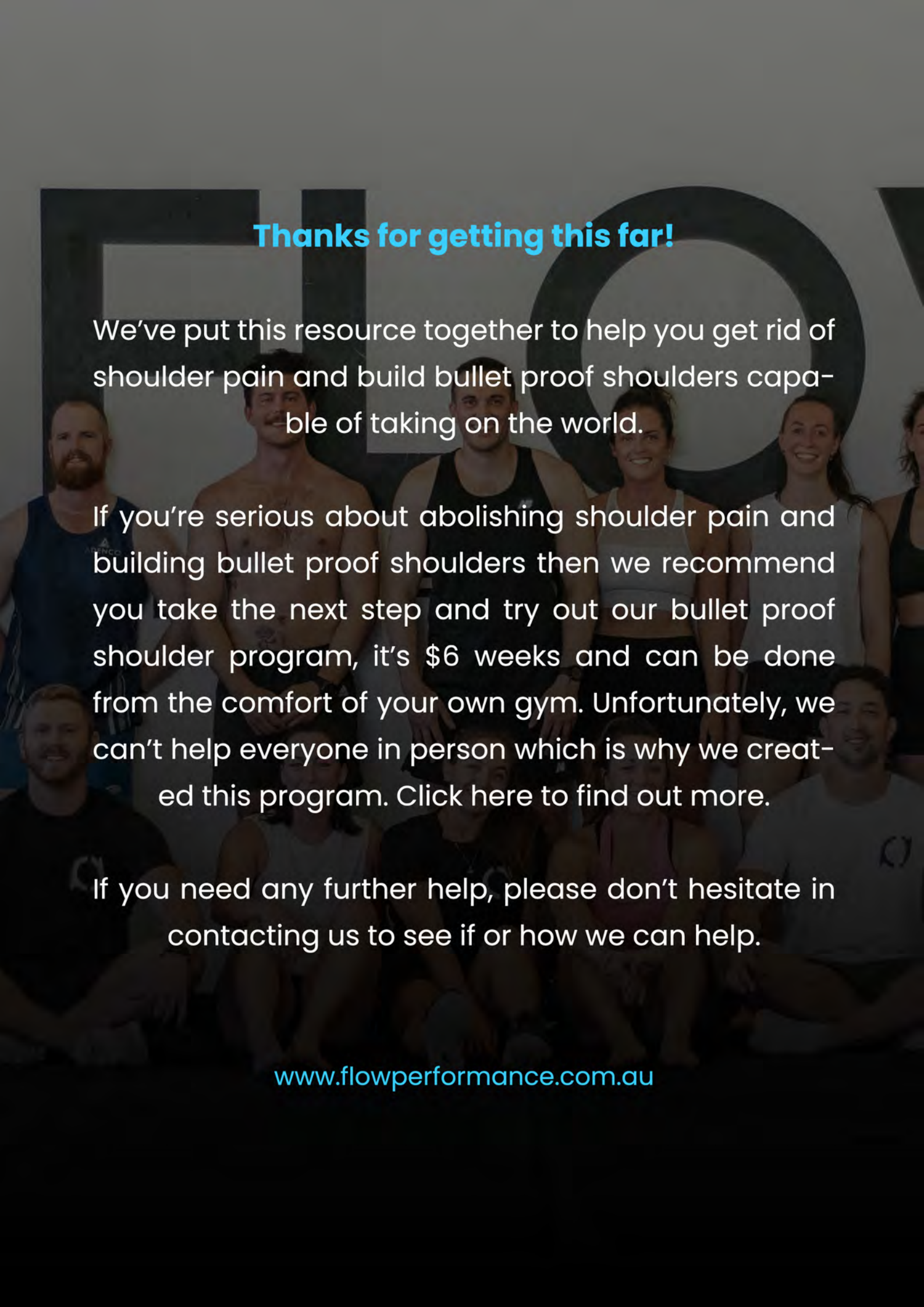
- **Trap 3 Raise**
- **Cuban Rotations**
- **Powell Raise**
- **Lean Away Lateral Raise**
- **Seated Elbow On Knee External Rotations**
- **Half Kneeling KB Bottoms Ups Press**
- **Arnold Z Press**
- **KB SOTs Press**
- **SOTS PRESS**
- **Behind the Neck Snatch Grip Push Press**



LAT

LENGTH & STRENGTH

- DB End Range Lat Pull Over
- Straight Arm Banded Pull Down
- Banded Lat Pull Down
- Supine Bent Over Row
- Pendlay Row

A group of diverse people, including men and women of various ethnicities, are standing in front of a large, stylized 'FLOW' logo. They are dressed in athletic wear, such as tank tops and leggings. The background is a light-colored wall with the logo. The text is overlaid on the image.

Thanks for getting this far!

We've put this resource together to help you get rid of shoulder pain and build bullet proof shoulders capable of taking on the world.

If you're serious about abolishing shoulder pain and building bullet proof shoulders then we recommend you take the next step and try out our bullet proof shoulder program, it's \$6 weeks and can be done from the comfort of your own gym. Unfortunately, we can't help everyone in person which is why we created this program. Click here to find out more.

If you need any further help, please don't hesitate in contacting us to see if or how we can help.

www.flowperformance.com.au