



# LEVEL 1 SHOULDER

Program built for diagnosis:

Anterior, posterior and superior shoulder pain

Length Level 1

2-4 weeks

Purpose/Goal

Learn how the shoulder moves and how to "pack" the shoulder

## Part 1

Day 1

Full recovery

Day 2

Neck mobility

Day 3

Back activation

Day 4

Full recovery

Day 5

Shoulder  
activation

Day 6

Hip flexor  
or recovery day

Day 7

Full recovery

Program Recommendations

Repeat until pain is max  
0-3/10 and you can perform  
most movements without  
issues

Live Classes

No

Recovery

No recovery time needed  
when you are ready to  
progress to the next level  
pre-built program

Tips

Be sure to pack the shoulder  
to avoid unnecessary pres-  
sure on the front of your  
shoulder with loading.