



Program built for diagnosis:

Anterior, posterior and superior shoulder pain

Length Level 1

8 weeks

Purpose/Goal

Build shoulder and back strength

## Part 1

Day 1

Shoulder  
Strength

Day 2

Active recovery

Day 3

OVH press/pull

Day 4

Live Class  
or recovery day

Day 5

Crow

Day 6

Shoulder Strength  
or ovh press/pull

Day 7

Full recovery

Program Recommendations

Choose an extra recovery day  
in the week if needed

Live Classes

Yes!!

Recovery

Yes: 2 week break before  
leveling up or repeating the  
cycle. Use lower level classes  
or other low impact move-  
ment

Tips

None