



Program built for diagnosis:

Anterior, posterior and superior shoulder pain

Lenth Level 1

4 weeks

Purpose/Goal

Use the strength and skill you have developed to challenge your fitness

**Part 1**

**Day 1**

Active  
Recovery

**Day 2**

Live Class

**Day 3**

Your Choice

**Day 4**

Live Class

**Day 5**

Live Class

**Day 6**

Any SH L4

**Day 7**

Full recovery

**Program Recommendations**

Your choice day: any level, live class, outside work, recovery

**Live Classes**

Yes!!

**Recovery**

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

**Tips**

none