

# Shoulder Warm-Up

This warm-up is designed to stretch your shoulders and to get them prepared for a water polo workout. If completed before each pool practice, it should make your workout more comfortable and decrease your chance of developing chronic shoulder injuries.

**Hand Pulses** – There are three different hand pulse exercises. For each exercise, you will be standing straight, with good posture. Your elbows should be positioned out, wide of your body, in a T-position. Your forearm position will be different for each exercise. Do two reps of 20 pulses for each exercise, one time slowly and one time faster.



1. Bring forearms behind your head, with your palms flat and facing in front of you. Pulse upward, toward the ceiling.
2. Bring forearms out, to your chest, with your palms facing the ground. Pulse outward.
3. Bring forearms out, to your chest, like exercise 2, but with your palms facing in, toward your body. Pulse down your torso.

**Circle Rotations** – Start with your hands out, in a T-position. You will do one set of circles with your thumbs pointed backward, and one set with your thumbs forward. For each set you will complete 20 arm circles in a tight, fast manner, one time rotating forward and one time rotating backward.

**Shooting Position Pulses** – Start standing, with your arms down by your side. Then, bending at the elbow, bring your forearms up so that your hands are pointing out in front of you. Snap your arms up, from this starting position, so your arm reaches a shooting position. Alternate arms and complete 40 total pulses.

**Push-up Position Hand Taps** – Start in a push-up position. Lift one hand, bring it across the floor and touch the top of your other hand, then replace it back in the starting position. Alternate hands and complete 2 sets of 10 hand touches. Keep your body inline!

**Plank to Pushup** – Start in a plank position, then without letting your body fall, and by only using your arms, raise yourself to a push-up position, pause, then lower yourself back to a plank. Alternate your lead arm and complete 10 total lifts. Keep your body inline!