

30 DAY SHOULDER FIX ///

HIIT Workout Plan

Please don't mistake this for an easygoing therapy program. Our goal is to push your physical capacity through challenging metcons and strength training, while improving your shoulders to help you end pain and move better.

This HIIT Workout Plan is designed to work alongside the 30 Day Shoulder Fix. This will keep you working out hard while you are going through the rehab program.

Sample Workout

You can combine the 30 Day Shoulder Fix & the HIIT Workout Plan for a great workout. Here is a sample workout putting it all together...

1. Warm-Up

Complete any mobility or stretching prescribed by the 30 Day Shoulder Fix for that day. *(CS Mobility Program, T-Spine Flex/Extend, Half Kneeling Rotation, etc.)*

CS Activation *(Required! Be sure that this done prior to every workout.)*

2. Pain + Strength Accessory Exercises

If prescribed, add the Pain + Strength Accessory Exercises as part of the 30 Day Shoulder Fix. Challenge yourself with weights and loads while maintaining proper mechanics.

Strength/Metcon- Complete the Workout of the Day (WOD)!

3. Workout

Complete the WOD prescribed for that day. Modify weights, reps, and rounds based upon your ability.

4. Post Workout

Post workout is a great time to complete any CS Session II, which is either the CS Recovery or CS Strength program.

Provocative Tests!

Each week will conclude with a challenging workout that includes a provocative test for the shoulder progression included in the following week. This is in addition to the provocative test provided in the 30 Day Shoulder Fix Program. These movements are indicated with * and should be tested before beginning the workout. If you have any shoulder pain with either of the provocative tests, it is a sign that you shouldn't move to the following week, just reset and do that week again *(but try to beat your times and weights!)*

30 DAY SHOULDER FIX ///

HIIT Workout Plan

Please don't mistake this for an easygoing therapy program. Our goal is to push your physical capacity through challenging metcons and strength training, while improving your shoulders to help you end pain and move better.

This HIIT Workout Plan is designed to work alongside the 30 Day Shoulder Fix. This will keep you working out hard while you are going through the rehab program.

Sample Workout

You can combine the 30 Day Shoulder Fix & the HIIT Workout Plan for a great workout. Here is a sample workout putting it all together...

1

Warm-Up

Complete any mobility or stretching prescribed by the 30 Day Shoulder Fix for that day. *(CS Mobility Program, T-Spine Flex/Extend, Half Kneeling Rotation, etc.)*

CS Activation *(Required! Be sure that this done prior to every workout.)*

2

Pain + Strength Accessory Exercises

If prescribed, add the Pain + Strength Accessory Exercises as part of the 30 Day Shoulder Fix. Challenge yourself with weights and loads while maintaining proper mechanics.

Strength/Metcon- Complete the Workout of the Day (WOD)!

3

Workout

Complete the WOD prescribed for that day. Modify weights, reps, and rounds based upon your ability.

4

Post Workout

Post workout is a great time to complete any CS Session II, which is either the CS Recovery or CS Strength program.

Provocative Test

Each week will conclude with a challenging workout that includes a provocative test for the shoulder progression included in the following week. This is in addition to the provocative test provided in the 30 Day Shoulder Fix Program. These movements are indicated with * and should be tested before beginning the workout. If you have any shoulder pain with either of the provocative tests, it is a sign that you shouldn't move to the following week, just reset and do that week again *(but try to beat your times and weights!)*

WEEK 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WOD	5 Rounds <i>(1 min rest/round)</i> 60m Sled Push <i>(135/95)</i> 10 Box Jumps	Deadlift 5.5.5.5.5	10 min. EMOM 100m Sprint	15 min. AMRAP 20 V-Ups 50 Air Squats	+ ACTIVE RECOVERY 30 DAY SHOULDER FIX	4 Rounds 10 Deadlift <i>(135/95)</i> 15 Front Rack Walking Lunges* <i>(135/95)</i> 400m Run	REST
Note	This should be all-out followed by a 1-minute rest each round. No sled? Push the belt on a treadmill, sprint uphill, or even push a car.	Build to a heavy 5 rep deadlift with 4 minutes rest between sets. If you need more add accessory leg work like the CS Hip & Core Strength Program.	Every minute sprint 100 meters. To scale up just keep going until you can't complete the round. Death by 100m!	AMRAP- As Many Reps as Possible		Check the front rack for shoulder pain before you begin, this includes a power clean to begin the movement.	

WEEK 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WOD	21 - 15 - 9 Front Squat <i>(135/95)</i> Supine Ring Rows	2k Row	7 min. EMOM 3 Power Clean <i>(185/135)</i> 5 Box Jump	10 Rounds 10 Regegade Row <i>(55/35)</i> 30 Double Unders	+ ACTIVE RECOVERY 30 DAY SHOULDER FIX	"The Chief" 5 Rounds <i>(1 min rest/round)</i> 3min. AMRAP 3 Power Cleans <i>(135/95)</i> 6 Push Ups* 9 Squats	REST
Note	Get as close to parallel as possible with the ring rows. Add a 2-second pause at the top to make it harder.	If you don't have a rower complete a 2-mile run for time.	EMOM- Every minute on the minute complete both the cleans and jumps. Go for height on the jump.	10 reps total - 5 rows right and 5 rows left each round. Sub 60 single unders if needed.		Test the push-up before you begin and maintain control during this workout. Modify to incline push-ups if needed.	

WEEK 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WOD	Run 1 Mile 20, 16, 12, 8, 4 Burpee Supine Ring Rows Run 1 Mile	Back Squat 3.3.3.3.3	Every 4 min. for 16 min. 500m Row 10 Hand Release Pushups 20 Situps	4 Rounds 200m Run 5 Deadlift (275/185) 10 Burpee Over Bar	+ ACTIVE RECOVERY 30 DAY SHOULDER FIX	1000m Row 20 Wallballs*/ 10 Strict Pullup* 750m Row 15 Wallballs*/ 8 Strict Pullup* 500m Row 10 Wallballs*/ 6 Strict Pullup*	REST
Note	Start and finish with a 1-mile run and complete the reps in between.	Build to a heavy 3 rep back squat. If you have the CS Hip & Core System do the plyometric program to follow.	For Rx+ complete every 3 minutes for 15 minutes.	Use a weight that you can go unbroken or use up to 85% your max deadlift weight.		Test the wall balls & pull-ups before you begin. These are strict pull-ups. Use a band or leg assisted pull-up if needed.	

WEEK 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
WOD	5 Rounds for Load (Rest as needed) 5 Push Press 10 Pendlay Rows	10min AMRAP 5 Front Squats (185/135) 30m Shuttle Run (10, 20, 30m)	3 Rounds 10 DB Thruster (55/35) 15 Russian KB Swings (72/53) 20 Overhead Lunges (55/35)	Every 2 min. for 16 min. 4 Power Cleans (155/115) 6 Strict Pullups 9 Ring Push Ups	+ ACTIVE RECOVERY 30 DAY SHOULDER FIX	5 Rounds (2 min rest) 5 Power Snatch* (115/75) 10 Burpees 15 Push Press* (115/75)	REST
Note	Superset a moderately heavy push-press followed by Pendlay Rows. Build to a heavy and rest 1-2 minutes between sets.	Clean the bar to the shoulders for all sets. Choose a weight that you can clean properly and go unbroken on the first round.	Use the same weight for the thruster & overhead lunges. The lunges are total lunges, so 10 right & 10 left.	To increase the challenge do chest to bar pull-ups and put your feet on a wallball during the ring push-ups.		Add 2-minutes of rest after each round to keep intensity high. This is your final 30 Day Fix workout! Your shoulders should be feeling great!	