1. PEC STRETCH
Hold for 20 sec each position for 1 min total, each side
RPE: 6-10

2. BACK-TO-BACK BALL TOSS
10 reps each direction, each partner
RPE: 6-10

3. FACE PULLS
8-12 reps, 2 sets
RPE: 12-15

4. ROWS WITH T-SPINE ROTATION
12 reps, 1 set each side
RPE: 12-15
5. **PALOFF PRESS**
12 reps, 1 set each side
**RPE: 12-15**

6. **SHOULDER FLEXION/OVERHEAD POSITION**
1 minute each arm
**RPE: 12-15**

7. **COURT PUSH/PULL**
25% push-pull- 50% push-pull- 75% push-pull- 100% push-pull
**RPE: VARIES**

8. **FAN DRILL**
Figure 8 around hub and each outside cone, enter from right & left side 1x
**RPE: VARIES**
1. PEC STRETCH
Hold for 20 sec each position for 1 min total, each side
RPE: 6-10

2. OPEN BOOK/RAINBOW COMPLEX
10 reps each Rainbows & Open books, each side
RPE: 6-10

3. PULL APART SERIES
5 reps each: palms up, elbows straight- palms down, elbows straight- palms up, elbows bent
RPE: 12-15

4. BANDED OVERHEAD PULL-APARTS TO "W"
8-12 reps, 2 sets
RPE: 12-15
5. PALOPOF PRESS
12 reps, 1 set each side
RPE: 12-15

6. 90/90 POSITION
1 minute each arm
RPE: 12-15

7. COURT PUSH/PULL
25% push-pull- 50% push-pull- 75% push-pull- 100% push-pull
RPE: VARIES

8. FAN DRILL
Figure 8 around hub and each outside cone, enter from right & left side 1x
RPE: VARIES
1. PEC STRETCH
Hold for 20 sec each position for 1 min total, each side
RPE: 6-10

2. NET TWISTS
20 reps, per side
RPE: 6-10

3. POSTERIOR CHAIN COMPLEX
5 reps, 2 sets
RPE: 12-15

4. SWORDS
12 reps, 2 sets each side
RPE: 12-15
IPP FLOWSHEET
DAY THREE (PART 2)

5. PALOFF PRESS
12 reps, 1 set each side
RPE: 12-15

6. SERRATUS ANTERIOR WALL STABILIZATION
30 sec circles each direction, each side
RPE: 12-15

7. COURT PUSH/PULL
25% push-pull- 50% push-pull- 75% push-pull- 100% push-pull
RPE: VARIES

8. FAN DRILL
Figure 8 around hub and each outside cone, enter from right & left side 1x
RPE: VARIES