

Notes :

The body pole is an excellent way of building up your coordinated strength and motor control patterning of your rotator cuff muscles and scapulo-thoracic muscles. Also great for core stability.

1 Bodyblade front-back


Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up with the Bodyblade held with both hands in front of you at shoulder height. The Bodyblade should be held so the movements are horizontal (anterior-posterior).

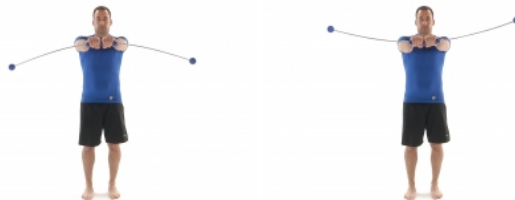
Do short and quick forward and backward movement with your arms and stabilize the trunk and shoulders by keeping them still as much as possible.

2 Bodyblade, seated


Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Sit down on a stool that can turn with the Bodyblade held in one hand in front of you at shoulder height. The Bodyblade should be held up so the movements are anterior-posterior.

Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible.

3 Bodyblade up-down


Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up with the Bodyblade held with both hands in front of you at shoulder height. The bodyblade should be held so the movements are in a up-down fashion.

Do short and quick up and down movements with your arms and stabilize the trunk and shoulders by keeping them still as much as possible.

4 Bodyblade front-back


Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up with the Bodyblade held in one hand in front of you at shoulder height. The Bodyblade should be held up so the movements are anterior-posterior.

Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible.

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5 Bodyblade front-back



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up with the Bodyblade held in one hand in front of you at shoulder height. The Bodyblade should be held flat so the movements are anterior-posterior. Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible.

6 Bodyblade overhead



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up with the Bodyblade held with both hands in an overhead position. Do short and quick up and down movements with your arms and stabilize the trunk and shoulders by keeping them still as much as possible.

7 Bodyblade vertical, one knee



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Kneel on one knee on a stool that can turn with the Bodyblade held in one hand in front of you at shoulder height. The Bodyblade should be held up so the movements are horizontal (anterior-posterior). Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible. Keep the trunk vertical.

8 Bodyblade, kneeling



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Kneel on a stool that can turn with the Bodyblade held in one hand in front of you at shoulder height. The Bodyblade should be held up so the movements are anterior-posterior. Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible.

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9 Bodyblade on Swiss ball



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Lie on your stomach on a Swiss ball with the Bodyblade held in one hand in front of you at shoulder height. The Bodyblade should be held flat so the movements are anterior-posterior. Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible.

10 Bodyblade front-back



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up on one leg with the Bodyblade held in the opposite hand in front of you at shoulder height. The Bodyblade should be held up so the movements are anterior-posterior. Do short and quick forward and backward movements with your arm and stabilize the trunk and shoulder by keeping them still as much as possible.

11 Bodyblade side-side



Sets: 1 Reps: 2=3 Duration: 30-60 seconds

Stand up and hold a Bodyblade with both hands in front of you at shoulder height. The Bodyblade should be held vertically, so the movements are in a side to side fashion. Perform short and quick side to side movements with your arms, and stabilize the trunk and shoulders by keeping them still as much as possible.

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