

ACTIVATION

RECOVERY

PLYOMETRIC

CORD

REPS

REPS

REPS / PLYO

CROSSOVER ROW

H



5-8



10



5/5

Engage scaps

Hold 2 sec

4 sec negative

6" End range

CROSSOVER REVERSE FLY

L



5-8



10



5/5

Engage scaps

Elbows extended

Hold 2 sec

4 sec negative

10" End range

CROSSOVER PULLDOWN

H



5-8



10



5/5

Engage scaps

Elbows extended

Retract

4 sec negative

20" Mid range

CROSSOVER 90/90

L



5-8



10



5/5

Externally rotate

Hold 2 sec

4 sec negative

10" End range

CROSSOVER SCAPTION

L



5-8



10



5/5

From pockets

Elbows extended

Head height

4 sec negative

20" Mid range

CROSSOVER INCLINE PLUS

H



5-8



10



5/5

Chest stretch

Press out & up

Protract

4 sec negative

6" End range

CROSSOVER VICTORY

L



5-8



10



5/5

Elbows extended

Hold 2 sec

4 sec negative

10" End range

H.I.I.T

NOVICE : H 10 L 3

COMPETITOR : H 15 L 7

ELITE : H 25 L 10

IRON SCAP™

CORD

REPS

CROSSOVER
ARCHER

H



Engage scaps



Hold 2 sec



Hold 2 sec

10

CROSSOVER
PULLDOWN

H



Engage scaps



Elbows extended



Retract



Hold 2 sec

10

CROSSOVER
TIGER WALK

H



Protract-retract



Retract-protract



Protract-retract



Retract-protract

20

CROSSOVER
WY NEGATIVE

L



Engage scaps



Hold 2 sec



Hold 2 sec



Negative



10

CROSSOVER
SNOW ANGEL

L



Engage scaps



Palms forward



2 sec up



2 sec down



10

CROSSOVER
BEAR HUG

H



Chest stretch



Press out



Protract



Reach out & around



Chest stretch

10

CROSSOVER
ATYT

L



Engage scaps



A position



T position



Y position



T position

10

EYE LEVEL

H.I.I.T

NOVICE : H 10 L 3

COMPETITOR : H 25 L 7

ELITE : H 40 L 10

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