



EXERCISE:
TOOLS NEEDED:
OUTCOME:
AUTHOR:

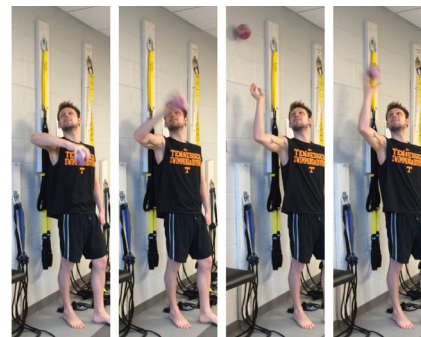
EXTERNAL ROTATOR CUFF

Ball, Rubber Tubing
Strengthen Swimmers' shoulders & Prevent Injuries
Alex Meyer, 2012 Olympic Open Water Swimmer

Four examples of shoulder external rotation exercises that Alex mixes in with every Vasa session.

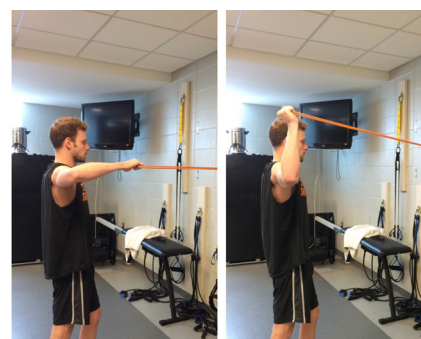
1. BALL TO WALL

This is the one I do most often. Keep the upper arm / elbow at 90 degrees and rotate keeping the elbow in place as if it were fixed on a swivel, like a spit. Throw the ball to the wall, catch it, and repeat. I use a two-pound ball that's basically a plastic casing with sand in it so it doesn't bounce very much and is the perfect weight for this exercise. They're available in various weights at just about any exercise equipment store or can be ordered online.



2. BAND EXTERNAL ROTATOR AT 90 DEGREES

Same basic motion as ball-to-wall but using a band instead of the weight of the ball as resistance. Anchor it somewhere around shoulder height.



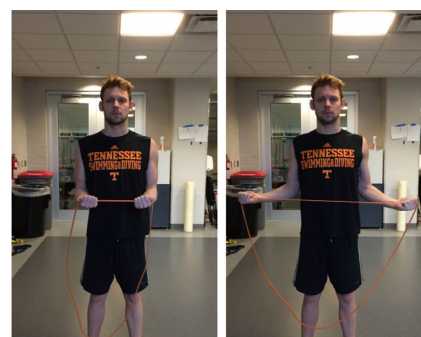
3. BAND EXTERNAL ROTATOR WITH ARM AT SIDE

Anchor the band around waist height.



4. BILATERAL EXTERNAL ROTATOR BAND PULL APART

Use a band with less resistance for this.



To read the full Q & A with Alex - and get all the finer details, please visit the Vasa Blog.