



Phase 4: Post-Throw

Correctives

- KB/DB Shoulder Packing → **10 X 5-sec. Squeeze**
- ER End Range Lift Overs → **2 X 12**
- Banded Arm Bar Rotation Holds → **2 X 15-sec. each**
- 90/90 Banded Arm Bar Rotation Holds → **2 X 15-sec. each**
- Finger Tip Farmer Carry → **4 X 60 ft.**

