

Body Serve Accelerator

Bent Elbow Toss Mistake

Week 1

Day 1

Frontal Wall Walk

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues:
 - Keep shoulder relaxed, but down. Do not hike your shoulders. Keep elbow straight and make sure you are raising your arm up straight forward and not to the side.



Lateral Wall Walk

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Keep shoulder relaxed, but down. Do not hike your shoulders. Squeeze shoulder blades slightly back and together to avoid walking up the wall forward. Keep elbow straight and make sure you are raising your arm up directly to the side.



Day 2

Frontal Wall Walk

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues:
 - Keep shoulder relaxed, but down. Do not hike your shoulders. Keep elbow straight and make sure you are raising your arm up straight forward and not to the side.



Lateral Wall Walk

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Keep shoulder relaxed, but down. Do not hike your shoulders. Squeeze shoulder blades slightly back and together to avoid walking up the wall forward. Keep elbow straight and make sure you are raising your arm up directly to the side.



Day 3

Front Raise w/ Proper Shoulder Position

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues:
 - Keep shoulders engaged back and down. Do not hike or round your shoulders. Try not to arch your back. Keep elbows as straight as possible and raise your arms as far as you can without breaking form.



Lateral Wall Walk

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Keep shoulder relaxed, but down. Do not hike your shoulders. Squeeze shoulder blades slightly back and together to avoid walking up the wall forward. Keep elbow straight and make sure you are raising your arm up directly to the side.



Week 2

Day 1

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Front Raise w/ Proper Shoulder Position

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues:

- Keep shoulders engaged back and down. Do not hike or round your shoulders. Try not to arch your back. Keep elbows as straight as possible and raise your arms as far as you can without breaking form.



Lat Mobilization 2

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Follow cues in video



Day 2

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Lat Mobilization 2

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Follow cues in video



Foam Roller Chest Opener

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Elevate spine on a foam roller, bench or chair, and keep spine neutral by engaging glutes and core. Expand chest by opening up arms until you feel a good stretch in your arms and/or chest.



Day 3

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Lat Mobilization 2

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues
 - Follow cues in video



Foam Roller Chest Opener

- Sets: 3
- Reps: 15
- Tempo:
- Coaching Cues
 - Elevate spine on a foam roller, bench or chair, and keep spine neutral by engaging glutes and core. Expand chest by opening up arms until you feel a good stretch in your arms and/or chest.



Week 3

Day 1

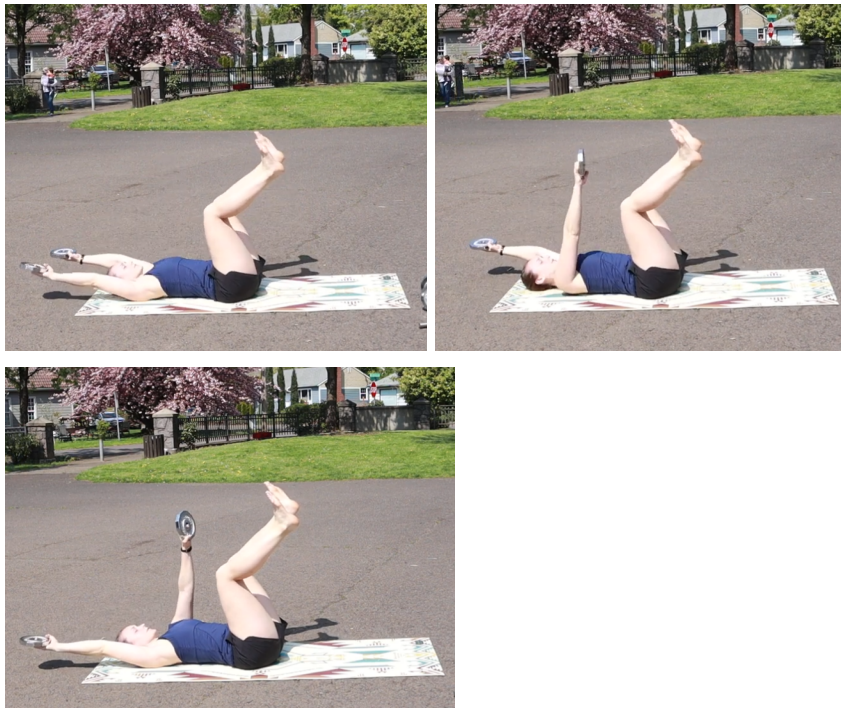
Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Supine Plate Hover (Legs Up)

- Sets: 3
- Reps: 8
- Tempo:
- Coaching Cues
 - Use water bottles, small books, or light weights and hover your arms just above the ground. Push your entire back down into the floor, so no part of your back is arching off of the ground.



Supinated Front Raise

- Sets: 3
- Reps: 8

- Tempo:
- Coaching Cues
 - Actively push your shoulder blades down and back to avoid rounding or hiking your shoulders; keep your shoulders engaged and don't rock your hips or body to help raise weights. Use water bottles, small books, or light weights.



Day 2

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Supine Plate Hover (Legs Up)

- Sets: 3
- Reps: 10
- Tempo:
- Coaching Cues

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Day 3

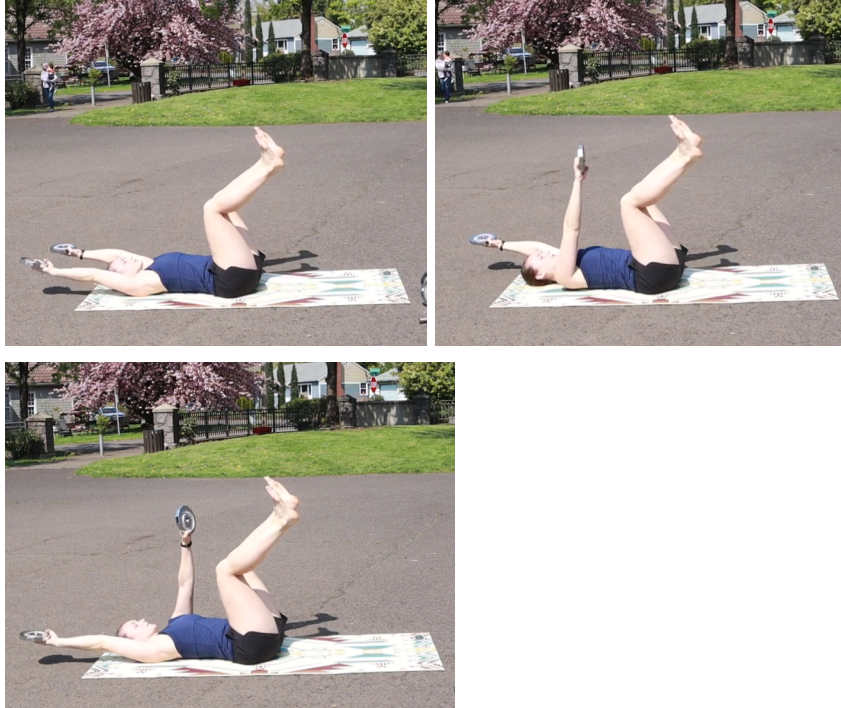
Trophy Position Hold

- Sets: 3
- Reps: 20 sec - 2 min (however long you feel comfortable holding)
- Tempo:
- Coaching Cues:
 - Be sure to find the correct body position by following the video cues and completely extend the non-dominant arm without an elbow bend.



Supine Plate Hover (Legs Up)

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- Reps: 10
- Tempo:
- Coaching Cues
 - Use water bottles, small books, or light weights and hover your arms just above the ground. Push your entire back down into the floor, so no part of your back is arching off of the ground.



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- Reps: 10
- Tempo:
- Coaching Cues
 - Actively push your shoulder blades down and back to avoid rounding or hiking your shoulders; keep your shoulders engaged and don't rock your hips or body to help raise weights. Use water bottles, small books, or light weights.



Week 4

Day 1

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Trophy Position Hold

- Sets: 3
- Reps: 20 sec - 2 min (however long you feel comfortable holding)
- Tempo:
- Coaching Cues:
 - Be sure to find the correct body position by following the video cues and completely extend the non-dominant arm without an elbow bend.



Straight Arm Toss

- Sets: 1 - 2

- Reps: 10 min or 2 x 5 min
- Tempo:
- Coaching Cues:
 - Spend 5 - 10 minutes practicing your serve with a proper tossing position.



Day 2

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



Trophy Position Hold

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- Reps: 20 sec - 2 min (however long you feel comfortable holding)
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Day 3

Shoulder Traction

- Sets: 3
- Reps: 30 sec progression each side
- Tempo:
- Coaching Cues:
 - Try to keep arm as relaxed as possible to allow the joint itself to stretch out.



The Toss

- Sets: 1 - 2
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Straight Arm Toss

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