

# MAXIMIZE CROSSOVER SYMMETRY

MAXIMIZE THE BENEFITS OF THE CROSSOVER SYMMETRY SYSTEM BY IMPLEMENTING THESE THREE ESSENTIAL PHASES

## SCAP/CUFF ACTIVATION

(DYNAMIC WARMUP FOR THE SCAPULAR AND ROTATOR CUFF MUSCLES)

### APPLICATION:

**EVERY PLAYER:** 1 set of the Standard Workout prior to throwing

Scap/Cuff Activation is the most important of the three phases and needs to be performed each day prior to throwing. Whether the throwing workloads are light or heavy, one set of the standard workout must be completed before the athlete starts throwing. Prior to performing the Scap/Cuff Activation phase, it is recommended that the athlete completes a total body dynamic warm-up.

The sequencing of the Crossover Symmetry exercises are specifically designed to activate the scapular stabilizers first before addressing the rotator cuff muscles. The scapular stabilizers act as a foundation, placing the shoulder in a more optimal position in which the rotator cuff muscles can work to dynamically stabilize the shoulder. Biomechanically, the Scap/Cuff Activation phase improves the arthokinematics (joint motion) of the glenohumeral (shoulder) joint by centralizing the humeral head (ball) in the glenoid (socket).

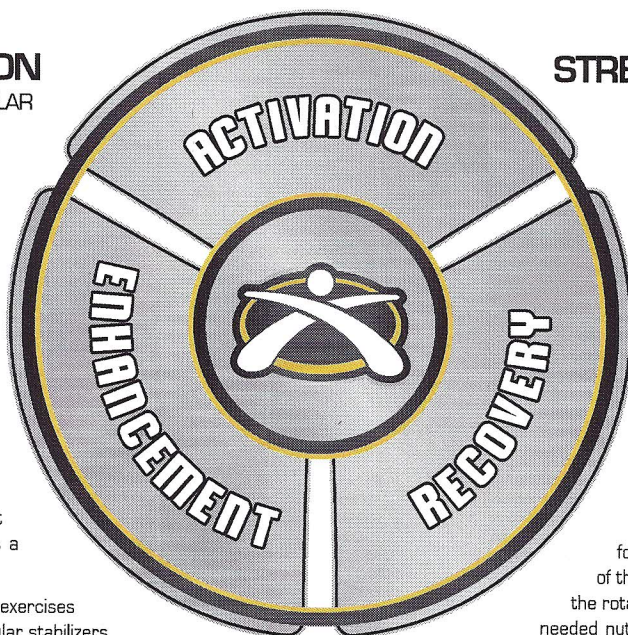
## ADVANCED PLYOMETRIC WORKOUT

### APPLICATION:

**EVERY PLAYER:** 2 sets of the Advanced Workout once a week following a practice or a game.

This phase should only be performed when the arm is rested. 3 minute rest period in between sets.

The Advanced Workout utilizes high speed plyometrics to recruit and strengthen fast twitch muscle fibers in the rotator cuff and scapular muscles. Strengthening the fast twitch muscle fibers is a major factor in improving performance and lowering the rate of injury in throwing athletes. The body should be thoroughly warmed up, however it should still be fresh as you want to perform the plyometrics



## STRENGTH AND RECOVERY

### APPLICATION:

**EVERY PLAYER:** 2 sets of the Standard Workout following a heavy throwing day. 3 minute rest period in between sets.

The strength and recovery phase should be completed following a heavy throwing workload after a practice or a game. It consists of two sets of the Standard Crossover Symmetry Workout with a three minute rest period in between sets.

This phase can be performed on consecutive days, however it would not be recommended for a third consecutive day. Completing two sets of the Standard Workout will increase blood flow to the rotator cuff and scapular muscles delivering much needed nutrients to speed up the recovery process. An example of a heavy throwing day for a pitcher would be the day

that they pitched, starting or in relief, or after a bullpen session. Infielders, outfielders and catchers would perform the post-activity strength and recovery phase on heavy throwing days as well.

with maximum velocity. Two sets of the Advanced Plyometric Workout should be performed following a practice by both pitchers and position players. This phase should only be used when the arm is rested, not sore or fatigued, as this is intended to enhance the players performance. If a player is struggling to recover from a previous outing, this phase should be skipped for that week.

During the off season, all throwing athletes should complete a three set workout of the Advanced Plyometric Workout, twice a week. A great way to incorporate the crossover workout stations into the gym is by utilizing the new Crossover SRS (squat rack straps). This workout would replace the traditional rotator cuff exercises that the athletes are performing with free weights, cable machines or other resistance bands. It would not replace med ball or other explosive training that incorporates both the core and shoulder functioning together.

CROSSOVER  SYMMETRY

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