



# TENNIS EVOLUTION

## BIONIC SHOULDER ROUTINE



### BULLETPROOF YOUR SHOULDER FROM INJURY

By Dr. Greg Rose

# Legal Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or program. If you are taking any medications, you must talk to your physician before starting any exercise program, including this workout. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this workout, please follow your doctor's orders.

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The Bionic Shoulder Routine is a coveted training secret that has been used by NFL quarterbacks like Tom Brady and Major League baseball players so that they can make their shoulders BULLETPROOF to injury and perform at optimal levels.

Even when you're working out, practicing, and competing, you can keep your shoulders stable, mobile, and healthy so that you can and reduce your chance of injury and play better tennis.

The Bionic Shoulder Routine has been shared to many athletes by Dr. Tom House, a former Atlanta Braves pitcher turned performance specialist who works with many of the best throwing athletes in the world including Tom Brady.

Dr. House showed this routine to one of my mentors, Dr. Greg Rose, who is the founder of the Titleist Performance Institute, and has helped golfers and tennis players of all ages and ability levels.

Dr. Rose gives you a quick demonstration of this Bionic Shoulder Routine which you can easily practice on the courts, at home, or in the gym.

Perform this short routine 3 times per week (5-10 minutes) and watch how amazing your shoulder responds. You can perform anywhere from 3 to 7 reps for each exercise.

Go through the entire sequence three times for maximum benefit.

[Click Here To Watch And Download Video Instructions](#)

# Bionic Shoulder Routine

## Saws

- Thumbs up
- Palms up
- Palms down



## Rocking The Baby

- Palms facing chest
- Palms down
- Palms up





## Scissors

- Elbows Together
- Palms up
- Palms down



## Why Me's

- Fist close
- Thumbs up



## Palm Press

- Press all fingers together
- Elbows up



## Wind The Watch



## Spider Against The Mirror



## Wind The Spider



## Palm Press



## Forearm Press

- Palms facing
- Palms away
- Bent over palms overhead





## Fingers Clasped Together

### Thumb Down (R), Thumb Up (L)

- Pull apart and push together (2-3x)
  - Pull apart
    - Side to side
    - Circle forward
    - Circle backward
    - Swim forward
    - Swim backwards
  - Push together
    - Side to side
    - Circle forward
    - Circle backwards
    - Swim forward
    - Swim backwards
    - Flap wings
- Pull apart and push together (2-3x)



## Create The Box

- Right hand above
  - Thumbs up, push down
  - Palm down, push down
  - Thumb down, push down
- Right hand below
  - Thumbs up, push down
  - Palm down, push down
  - Thumb down, push down
- Left hand above
  - Thumbs up, push down
  - Palm down, push down
  - Thumb down, push down
- Left hand below
  - Thumbs up, push down
  - Palm down, push down
  - Thumb down, push down



## Arm Circles

- Circle forward with thumbs up (small, medium, large)
- Circle backward with thumbs up (small, medium, large)
- Circle forward with palms down (small, medium, large)
- Circle backward with palms down (small, medium, large)
- Circle forward with thumbs down (small, medium, large)
- Circle backward with thumbs down (small, medium, large)



## Hands On Low Back, Shoulders back

- Palms on low back, push forward
- Palms away, push forward
- Palms on low back, left hand over right hand, push forward
- Palms on low back, right hand over left hand, push forward
- Palms away, left hand over right hand, push forward
- Palms away, right hand over left hand, push forward
- Prayer position, push forward



That's it...the entire Bionic Shoulder Routine.

Stay consistent and dramatically improve your shoulder health with this amazing workout.

## The End