



SHOULDER RESTORE & REBUILD

six week intensive program

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TRAIN SMART

Welcome to Shoulder Restore & Rebuild, a 6-week program designed to help you improve shoulder mobility, build strength and stability, reduce neck and upper back tension, and move with greater confidence in daily life and exercise.

Many shoulder, neck, and upper back issues are not caused by a lack of mobility alone. They are often the result of a combination of limited mobility, poor motor control, reduced strength, and inadequate stability around the shoulder girdle. This program addresses all of these components through a progressive approach that combines mobility exercises, strengthening drills, and stability work.

SIX WEEKS, THREE PHASES

Over the next 6 weeks, you will move through three progressive phases:

Weeks 1-2: Mobility & Awareness

Improve mobility, restore movement quality, and develop awareness of how your shoulders, shoulder blades, and upper back move together.

Weeks 3-4: Strength & Stability

Build strength and control through the rotator cuff, scapular stabilizers, and upper back while maintaining mobility gains.

Weeks 5-6: Integration & Endurance

Improve shoulder function under greater demand, increase stability, and integrate your new mobility and strength into more challenging movement patterns.

Perform the sessions according to the schedule provided. Focus on quality of movement rather than speed. Move slowly, stay within a comfortable range of motion, and prioritize control throughout every exercise.

Consistency is more important than perfection. Small improvements repeated regularly often lead to significant long-term results.





WHO IS THIS PROGRAM FOR?

This program may be beneficial if you:

- Experience shoulder, neck, or upper back stiffness and tension
- Spend long hours sitting or working at a desk
- Have difficulty reaching overhead or moving your shoulders comfortably
- Want to improve shoulder mobility, strength, and stability
- Participate in strength training, yoga, Pilates, or recreational sports and want healthier, more resilient shoulders

WHO IS THIS PROGRAM NOT FOR?

This program is not intended for:

- Acute injuries
- Recent shoulder surgery
- Suspected fractures, dislocations, or muscle tears
- Severe or worsening pain
- Unexplained numbness, tingling, or loss of strength

If you are unsure whether this program is appropriate for you, consult a qualified healthcare professional before starting.





EQUIPMENT & PROPS

Required Equipment

- Mobility stick, dowel, broomstick, or PVC pipe
- Light resistance band
- Loop band (mini band)
- 2 Yoga blocks (Alternatively, use a thick book or firm cushion)
- Exercise mat
- Stable elevated surface such as a chair, bench, sofa, table, or countertop

COMBINING THIS PROGRAM WITH OTHER EXERCISE

You can continue strength training, cardio, yoga, Pilates, and other physical activities while following this program.

For best results, perform the shoulder sessions on non-consecutive days, allowing your body time to recover and adapt between sessions.

Many of the exercises can also be used as part of an upper body warm-up, between sets during training, or as short movement breaks throughout the day.

After completing the program, you may continue using your favourite drills as needed or repeat the full program whenever you feel your mobility, strength, or shoulder function would benefit from a refresher.





AFTER THE PROGRAM

Once you've completed the 6 weeks, you don't need to leave these exercises behind. The goal is to take what you've learned and integrate it into your regular movement and training.

You now have a collection of exercises you can use in different ways, depending on what your body needs.

Keep Your Favourite Drills

Choose the exercises that feel most useful to you and continue using them as part of your regular routine.

You can use them:

- As a warm-up before upper body training
- Between sets during a workout
- As a short movement break during the day
- As part of your regular mobility routine

Repeat When You Need It

You can repeat the full 6-week program whenever you feel you would benefit from a structured reset or want to continue developing your shoulder mobility, strength, and control.

You can also return to individual exercises whenever your shoulders, neck, or upper back start feeling stiff or restricted.

The program may be 6 weeks, but the tools are yours to keep.