

ACCELERATION PERFORMANCE PRESENTS

HITTER'S **ARMOUR** ***P R O T O C O L***



**A 3-DAY AT-HOME
ROUTINE TO ELIMINATE
SHOULDER PAIN & ADD
POWER**

ACCELERATION
P E R F O R M  N C E

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WELCOME TO THE PROGRAM

Watch the Welcome Video from Coach Sherwin [Here](#)

WHY YOUR SHOULDER HURTS (AND HOW TO FIX IT)

MOST VOLLEYBALL PLAYERS FOCUS 100% OF THEIR TRAINING ON THE "GAS PEDAL"—JUMPING HIGHER AND SWINGING HARDER. BUT INJURIES HAPPEN WHEN YOUR "BRAKES" FAIL. THINK OF YOUR SHOULDER LIKE A HIGH-PERFORMANCE CAR. IF YOU PUT A FERRARI ENGINE IN A CAR WITH BICYCLE BRAKES, YOU ARE GOING TO CRASH. IN VOLLEYBALL, THAT CRASH LOOKS LIKE ROTATOR CUFF TENDONITIS, LABRUM ISSUES, AND CHRONIC SORENESS.

THE "HITTER'S ARMOUR" PROTOCOL IS DESIGNED TO BUILD YOUR BRAKES.

BY STRENGTHENING THE MUSCLES THAT SLOW YOUR ARM DOWN (THE DECELERATORS), YOU ALLOW YOUR BODY TO SWING FASTER SAFELY.



THE RULES OF THE PROTOCOL

1. WATCH FIRST. WORK SECOND. BEFORE YOU START, CLICK THE VIDEO LINKS FOR EVERY EXERCISE. YOU MUST UNDERSTAND THE FORM. IF YOU DO IT WRONG, YOU ARE JUST WASTING TIME.

2. SLOW DOWN. THIS WORKOUT TAKES 15-20 MINUTES. DO NOT RUSH. WE ARE TRAINING ECCENTRIC STRENGTH (THE SLOW LENGTHENING OF THE MUSCLE). IF YOU FINISH THIS WORKOUT IN 8 MINUTES, YOU DID IT WRONG.



3. FREQUENCY. PERFORM THIS ROUTINE 3X PER WEEK.

- **OPTION A: AS A PRE-PRACTICE ACTIVATION.**
- **OPTION B: ON OFF-DAYS AT HOME.**

EQUIPMENT NEEDED:

TENNIS BALL OR LACROSS BALL, KETTLEBELL (BETWEEN 5-20LBS), BANDS


PURCHASE EQUIPMENT [HERE](#)



THE WORKOUT

PART 1: THE UNLOCK (MOBILITY)

GOAL: OPEN THE CHEST AND FREE UP THE SHOULDER BLADE.


EXERCISE	SETS	REPS/TIME	
PREACHER MOBS	1	10 Reps (3s Hold)	WATCH
PEC MINOR SMASH	1	45-60s per side	WATCH



THE WORKOUT

PART 2: SCAPULAR MECHANICS (ACTIVATION)


GOAL: WAKE UP THE MUSCLES THAT ROTATE THE SHOULDER BLADE.

EXERCISE	SETS	REPS/TIME	 VIDEO
WALL SLIDES	3	10	<u>WATCH</u>
BANDED FACE PULLS	3	10	<u>WATCH</u>

THE WORKOUT

PART 3: CUFF CAPACITY (THE BRAKES)


GOAL: STRENGTHEN THE DECELERATORS TO HANDLE HIGH-VELOCITY SWINGS.

EXERCISE	SETS	REPS/TIME	 VIDEO
90/90 ECCENTRIC ER	2	10/arm	WATCH
SWORD DRAW	2	10/arm	WATCH

THE WORKOUT

PART 4: DYNAMIC STABILITY (BALANCE)

GOAL: TEACH THE SHOULDER TO STABILIZE WHEN UNSTABLE.

EXERCISE	SETS	REPS/TIME	 VIDEO
BOTTOMS UP PRESS	3	8-10/arm	<u>WATCH</u>

THE NEXT STEPS

YOUR SHOULDERS ARE HEALTHY. NOW LET'S GET YOU BOUNCY!

**THE HITTER'S ARMOUR PROTOCOL IS THE FOUNDATION. IT KEEPS
YOU ON THE COURT. BUT IF YOU WANT TO DOMINATE AT THE NET,
YOU NEED VERTICAL POWER.**

**MOST ATHLETES HAVE 2-4 INCHES OF "HIDDEN VERTICAL" LOCKED
AWAY BY BAD MECHANICS AND POOR FORCE ABSORPTION.**

I WANT TO HELP YOU FIND IT.

FREE VERTICAL JUMP ANALYSIS

**I AM OPENING UP 5 SPOTS THIS WEEK FOR A FREE JUMP
ANALYSIS AT MY FACILITY. WE WILL MEASURE YOUR:**

- **STANDING REACH**
- **BLOCK JUMP**
- **APPROACH JUMP MECHANICS**

**EMAIL: [INFO@ACCELERATIONPERFORMANCE.CA](mailto:info@accelerationperformance.ca) TO BOOK YOUR
ANALYSIS**

