

DIY SHOULDER

MOBILITY ASSESSMENT



CROSSOVER
SYMMETRY



WHY MOBILITY IS THE SECRET TO SPORTING SUCCESS

Static stretching won't help your performance. Understanding your brain's relationship with your range of motion is much more productive.

If you have ever tried to learn a new language, you probably know the best way to learn is to immerse yourself.

Similarly, tackling mobility restrictions with simple stretches and foam rolling is like trying to memorize verses in a different language. They may stick for a moment, but without application, you will never become "fluent."

Become Fluent in Mobility

The typical flexibility plan of stretching and foam rolling usually helps to improve your range of motion but it doesn't actually make your muscles longer. It is possible to increase muscle length, but the research shows it requires a sustained stretch of 30 minutes or more.

What's happening during these mobility routines is your brain is telling muscles to relax. This improves your flexibility and leaves you with a great feeling that your tight shoulders are fixed!

Unfortunately, these changes are fleeting and not a permanent solution.

The key to creating lasting mobility gains is to immediately use the new range of motion that you've achieved. By contracting the muscles in new end ranges, your brain can dial in the stability component needed to use this range of motion for future endeavors.

Just like using the language you have been practicing—you've got to use it, or you lose it!

The Trick for Lasting Improvements

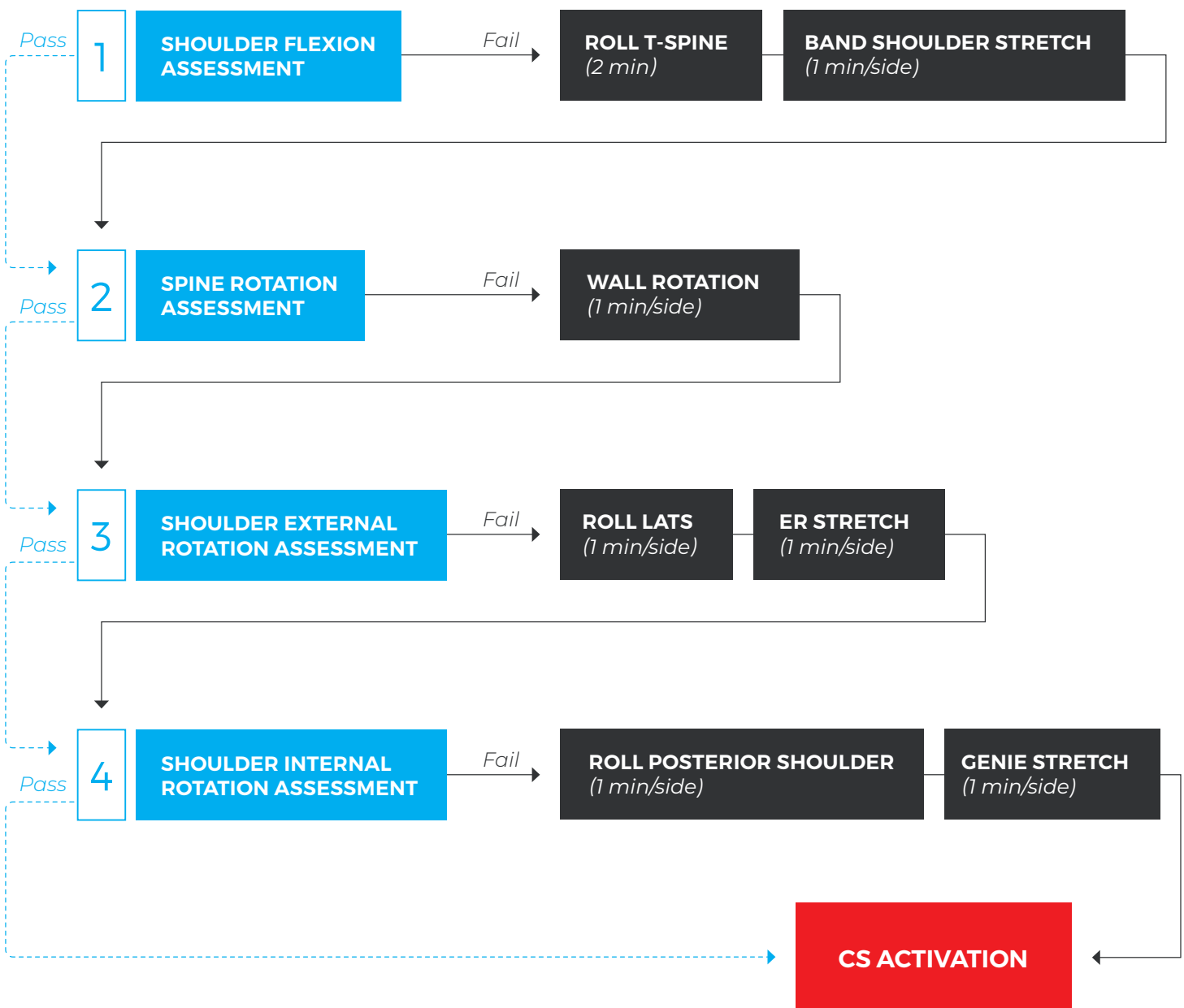
Going through the Crossover Mobility Program should create some immediate improvements in your range of motion. To help make a lasting change, put your mobility gains to use with Crossover Symmetry Activation as soon as you've completed your mobility.

Be sure to pause at the end range of each rep, and move with a controlled tempo to best facilitate improvements in your shoulder flexibility.

YOUR 4-STEP MOBILITY ASSESSMENT GUIDE

Follow this simple 4 step process to determine your mobility level then use this assessment to formulate a plan of attack to correct the restrictions that are affecting your game.

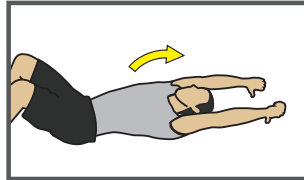
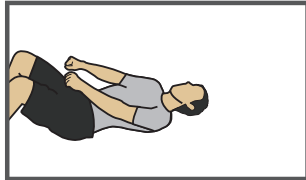
START HERE



GOLF MOBILITY ASSESSMENT



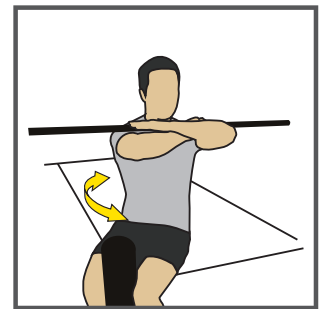
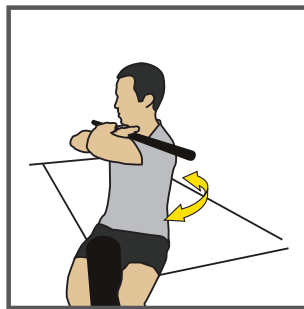
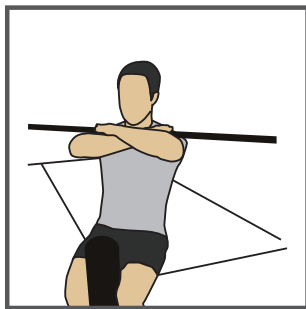
SHOULDER FLEXION



1. Lie on your back with knees bent.
2. Pull your rib cage down slightly until the low back is touching the floor.
3. Keep the palms facing inward and the elbow straight.
4. Raise both arms overhead trying to touch your thumbs to the floor without losing contact with your low back on the ground.
5. PASS:
 - Arms straight and within 1-2 inches of your ear
 - Low back flat on the ground
 - Thumb can touch the floor overhead.



THORACIC SPINE ROTATION



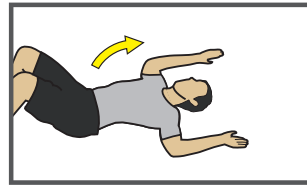
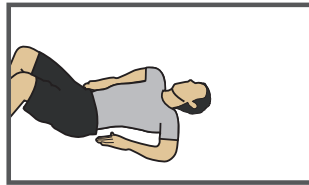
1. Sit on the corner of a bench or table.
2. Hold a PVC pipe, dowel, broomstick, etc. across your shoulders in a genie position.
3. Squeeze a foam roller or small ball between your knees.
4. Rotate as far as you can one way, & then repeat on the other side.
5. PASS
 - The dowel on your shoulders should be parallel to or greater than parallel to the edge of the box or table you are sitting on.

The mobility assessment will help dial in your needs for mobility work. If you find your mobility is limited, this will help create a plan to follow. After following your custom mobility plan for a few weeks, complete the assessment again for a new program to follow. If you clear all assessments, then you can skip over the mobility work, but reassess on any days you're feeling tight or achy.

Remember that the mobility assessment isn't a competition, and getting a perfect score won't win you any prizes. Be honest with yourself when completing each test. If you have to struggle to pass, or if it's too close to determine a pass or fail, then consider it a failed exam and complete the necessary corrective.



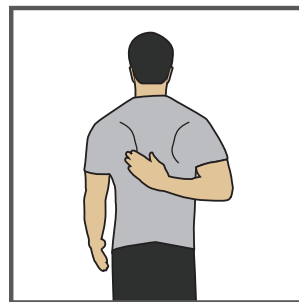
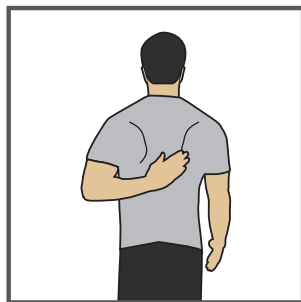
EXTERNAL SHOULDER ROTATION



1. Lie on the floor with knees bent, & low back touching the floor.
2. Raise the arms to shoulder height & against the floor (shoulders at 90°).
3. Bend the elbows to 90 degrees.
4. Rotate the arms trying to bring the back of the hand into contact with the floor.
5. PASS
 - Rotate so that the elbows, wrists, & back of the hands all touch the floor.



INTERNAL SHOULDER ROTATION



1. While standing, reach one hand behind your low back.
2. Reach the arm up, trying to touch the opposite shoulder blade.
3. PASS
 - Touch the bottom angle of the opposite shoulder blade with your fingers.

GET THE CROSSOVER FITNESS BUNDLE

All the equipment you need to maximise your mobility and level-up your performance.

The Crossover Symmetry Fitness Bundle comes with the CS Shoulder, and CS Hip & Core System.

Together they give you everything you need to eliminate pain, prevent injury, and strengthen your shoulders, back, knees and hips.

The portable equipment is easy to set up at home, at work, or at the gym. The programs have been medically designed for rehab and prehab, sports performance, and increasing strength.

The Bundle also gives you full access to the Crossover Symmetry Training Zone, an online hub packed with dozens of sports-specific strength-building programs and injury recovery guides.

Each program contains walkthrough demonstration videos to help you learn and practice each new exercise safely.

Get Started Now With The CS Fitness Bundle



HOW TO SELECT THE RIGHT CROSSOVER SYMMETRY CORDS

For your golf warm-up and mobility work

Crossover Cords

Crossover Cords are the highest quality resistance cords available. The nylon safety sleeve protects the latex tubing from UV rays, overstretching, and abrasions; but, most importantly, it protects the user if the cord breaks.

The Crossover Cords come in 6 different resistances. To perform the program correctly, you need one heavy set and one light set of Crossover Cords. The heavy Crossover Cords target the larger scap muscles, while the light set targets the smaller rotator cuff muscles.

We have 3 pre-selected resistance packages to accommodate any level of athletic strength and ability. However, these are only recommendations, make adjustments as needed to improve movement quality.

Available Resistances

- Green cords 3 lbs
- Purple cords 7 lbs
- Yellow cords 10 lbs
- Red cords 15 lbs
- Blue cords 25 lbs
- Orange cords 40 lbs



WHICH OF THE 3 RESISTANCE TYPES IS RIGHT FOR YOU?

Most amateur golfers will fall into the Novice or Athletic category. If you do have a pre-existing injury or weakness, best to start off with the Novice option, but for male and female golfers with a decent fitness base, the Athletic resistance should be ideal.

Resistance Packages

These are general recommendations. Make adjustments based upon your condition and level of strength.



Novice

The Novice level is recommended for ages 8 -13, individuals who are new to exercise, or those rehabbing a shoulder injury.

Heavy

10 lbs

Light

3 lbs



Athletic

The Athletic level is our most popular resistance package for both male and female users. If you do not fit the description for Novice or Elite, then start with the Athletic level. This includes most high school athletes and active adults.

Heavy

15 lbs

Light

7 lbs



Elite

The Elite level is recommended for healthy athletes with extremely strong shoulders and those with extensive experience using Crossover Symmetry.

Heavy

25 lbs

Light

10 lbs

