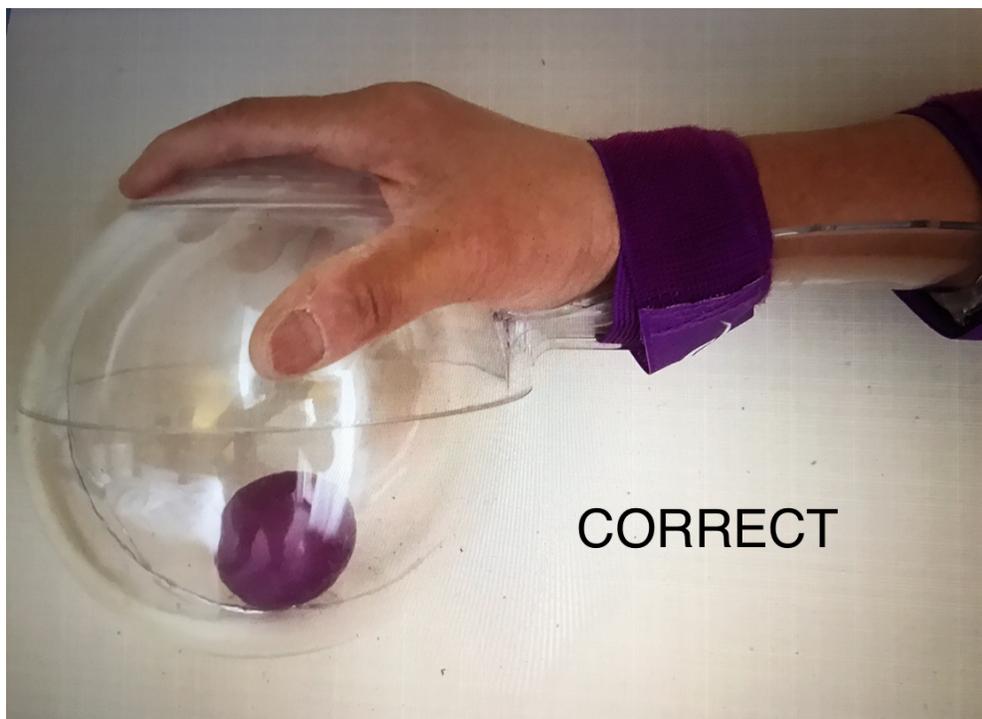


BOXING

ShoulderSphere® Instructions for Use

Correct position: ensure your wrist is relaxed and has complete contact against the plastic splint while being securely strapped in by the elastic strap. Relatively tight engagement is necessary in order to optimize the rotator cuff workout. Make sure there is no wiggle room between your wrist and the splint. This also avoids undue stress against the plastic splint, which may cause breakage.

The easiest way of putting on the ShoulderSphere® is to place it on top of your hand -- PALM facing UP - and gently cradle it, making sure that the strap is wrapped securely, particularly the part at wrist level.



Incorrect position: note in the image below how the wrist is tense and flexed against the splint. There is a large gap between the splint and the wrist, which creates undue three-point contact stress against the plastic splint. This will break the plastic splint. There should be no wiggle room in-between the skin and the plastic splint. Incorrect posture prevents an optimal rotator cuff workout.



BOXING ARM CARE SHOULDER STRENGTHENING PROGRAM

Here is my 10 week build up rotator cuff strengthening program for boxers.

Do not start with high volume workout -- need to build up slowly over 10 week period since this is high intensity rotator cuff isolation workout -- don't want to overtrain.

Boxers already have strong power muscles — shoulder acceleration punching speed is good, as the powerful engine on a Formula 1 race car. What differentiates a stronger and injury free boxer from other is how good their shoulder rotator cuff decelerator muscles are — you can only punch as fast as you are able to brake. When Formula 1 race cars skid out, it is not because of weak engine, but because of bad tires. Boxers' shoulders get injured , it is not because of weak punching accelerating muscles, but because braking decelerator rotator cuff muscles are incompetent.

Goal of this training program is to provided targeted strengthening of the decelerator rotator cuff muscles so that the boxer may fully optimize the power of their accelerator muscle.

Key feature in this training process is to simulate those movements involved in boxing as closely as possible. In this simulation move, the boxer specifically strengthen their rotator cuff muscles for THAT movement. THIS is the ONLY and BEST way to ensure a strong braking muscle for THAT moment.

The closer the athlete mirrors that activity, the better the neuromuscular recruitment for that activity.

Use of the ShoulderSphere will replace ALL other rotator cuff workouts such as elastic bands, J-bands, Cross-Over symmetry, or any weight lifting , shoulder tube, heavy ball tosses .This is because ShoulderSphere is rotationally based training and trains ALL the rotator cuff muscles simultaneously 360-degrees in a multidirectional manner, both concentric and eccentric strengthening. Trains acceleration and deceleration responsiveness up to 6 times per second. Studies show it takes 10 weeks of disciplined training , every other day, to show measurable improvement in shoulder strength.

Use the A7 ShoulderSphere and keep the ball rotating to engage the ROTATOR CUFF MUSCLES (RC) . If the ball bounces, RC has lost its engagement. MUST keep the ball rotating in order to reap the benefits of RC strengthening.

Simulate and "mirror" as closely as possible the movement of the jab and the hook . The goal is NOT to go through the motion quickly, but deliberately and with pace and intention -- about 3 seconds for one cycle of completion of starting from starting position then move back to starting position. This is to be done all the while keeping the ball rotating within the sphere... no dropping!

Do not need to be concerned with the electronic tracker in the beginning. Eventually , use the tracker as challenge pacer-- do 2 to 5 strokes while keeping the light in red as high power sprint, then just do green for 5 strokes, then up to red for 2-5, etc -- vary the tempo at personal choice. A7 RED = 25 mph punch by Mike Tyson.

Train only every other day , 3 days a week , to give recovery time and muscle build time.

Week 1 : 5 reps (each arm needs workout because box with both arm) no stop in between. Must be perfectly executed. Not to rush through motion. Focus on keeping the ball rotating. Rest and stretch 15 seconds before starting set 2. Do total 2 sets. This takes just about 1 minute including rest time between sets. No need to do more at this time because the rotator cuff muscles are 100 % isolated with the ShoulderSphere -- makes workout so much more efficient and effective. No need to overkill.

Week 2 : 7 reps, 2 sets

Week 3 : 10 reps, 2 sets

Week 4 : 12 reps, 3 sets

Week 5 : 15 reps, 3 sets

Week 6 : 16 reps, 3 sets

Week 7 : 17 reps, 3 sets

Week 8 : 18 reps, 3 sets

Week 9 : 19 reps, 3 sets

Week 10 : 20 reps, 3 sets

SO, by the 10th week, the boxer will have the confidence to do total 60 punches each arm. .
This will give confidence in a strong RC to meet the demands of at least 60 punches each arm. --
equivalent to almost a 100 meter distance.