

# Instructions - How To Use Coaching Rings

## Coaching Rings



All comprehensive shoulder rehabilitation and strengthening program must train both the glenohumeral joint as well as scapulothoracic mobility. The Coaching Rings are specifically designed for training scapulothoracic mobility with power and control.

The height of the Coaching Rings may be adjusted to suit individual preferences and training for heights of different levels, thus different requirements for scapulothoracic motion. The usual height would be mid-level, mid-way between the user's chest and waist level. Some people have 2 Coaching Rings placed one at shoulder height and a second one lower at waist level for variable height workouts.

The larger ring is approximately three times easier to use than the smaller ring. Increase effort and power is required when training with the smaller ring.

Stand about 6 inches, of elbow length, away from the Rings. You may either face the Rings or stand at right angles to the Rings. With the elbow bent at right angles as the starting position. Start to spin the ball inside the ShoulderSphere. Now, while spinning the ball, the elbow slowly extend to **PASS THROUGH** the ring without touching the rim. Fully extend the elbow and perform scapulothoracic protraction while spinning, then return with scapulothoracic retraction and flexion of the elbow to pass through the ring back to the starting position. This completes one rep. May do 3 reps as one set. Increase to 10 consecutive passes as one set. Maintenance as 3 sets of 10 passes for an awesome glenohumeral and scapulothoracic power with control!

— power with focused intensity and control.

Here is a video showing how this is done. This user also does an upward thrust movement just to make the workout more interesting- the upward thrust strengthens the teres minor in isolation as no other devices can do —

<https://youtu.be/sKQBGp-JOsA>

Boxers particularly like the Coaching Rings because it strengthens the jab motion with scapular protraction —

[https://youtu.be/3\\_BV5ITOWFs](https://youtu.be/3_BV5ITOWFs)

Baseball pitcher practicing follow through control —

[https://youtu.be/NRvk\\_J81TtM](https://youtu.be/NRvk_J81TtM)

Other Examples —

[https://youtu.be/rGXhllPYJ\\_M](https://youtu.be/rGXhllPYJ_M)

[https://youtu.be/Zz8WHh\\_SqS4](https://youtu.be/Zz8WHh_SqS4)

Double ring for water ski simulation—

<https://youtu.be/JDf1C6ENSsl>