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Printable crossover symmetry exercise chart pdf

You can do push-ups for days in a wod, but when you jump onto the rings, you crumble instantly. You squat 400 pounds, yet when you put 135 overhead, the bar wobbles uncontrollably. You can rep out push presses at 95 pounds no problem, but try using 35-pound dumbbells, and what the ***? Bar muscle ups? Yeah, okay. Ring muscle ups? No chance. **Double tap if this sounds like you** What is happening in these cases? Do you always have an off day when it's DBs instead of barbells? Will ring dips just forever evade you? No, none of this is true. You're running into the concept of stability, which is related to but distinct from strength. Just because your muscles are capable of generating enough power to move a given amount of pounds, doesn't mean your body understands how to keep that amount of weight still, or stable. You might have experienced this if you somehow completed a crazy lift, but it was sloppy and marginally embarrassing. Or maybe you picked a weight for your WOD you thought was moderate, but since you can't keep the weight stable, you expended an unnecessary amount of energy on each rep and fatigued after the first round... FRUSTRATION! In the worst case scenario, you could get injured lifting a weight that your muscles can handle but the rest of your body cannot. So how do we work on stability? At EVF, we actually get quite a lot of stability work. Any time you see dumbbells, unilateral (single side) elements, strict gymnastics, rings, banded exercises — these are all helping you build stability. Yet, even with all of this practice, most of us also grew up in a culture that distinctly values pure strength over stability. Bottom line: all of us can stand to work a little bit more on our stability. Have you ever seen that very official looking, colorful set of bands hanging from the rig at both EVF locations? That is Crossover Symmetry, and if you haven't already, you should get acquainted. What is Crossover Symmetry? Crossover Symmetry is a simple system specifically designed to make developing shoulder stability easy, effective, and practical in less than 5 minutes a day. The bands come with an instruction card, so all you have to do is follow along. The movements are not challenging and can be easily modified based on your level of experience and comfort. Crossover Symmetry is designed to do two major things. First, it strengthens your stabilizer muscles. In simple terms, your shoulder stabilizers are tiny muscles that help keep your scapula in place. Strong stabilizers allow your bigger muscles (like pecs, deltoids, and lats) to do the work they're supposed to do, i.e. actually move the heavy weight overhead or propel your body up to the bar. If your stabilizers are weak, your bigger muscles have to do extra work — either to do the stabilizing instead or because your unstable scapula makes them work from a compromised position. Best case scenario, this leads to loss of strength. Worst case scenario, this leads to injury. Second, it teaches your brain how to express strength. The movement patterns we do in CrossFit are complex. They require your brain to send fast and powerful signals to multiple muscle groups. Then, those muscle groups need to work together to accomplish complicated tasks like Olympic lifts and kipping gymnastics. The Crossover symmetry exercises are intentionally sequenced to layer the movement patterns in the right order for going overhead. By consistently practicing the exercises, you are training the brain on what muscles to activate, how, and in what order. The more practice you get, the faster and more powerfully your brain will be able to send these signals to your muscles. By strengthening your stabilizers and training your neurological pathways, you are putting your body in a better, safer, and stronger position to express the strength that you develop every day in class. Crossover Symmetry Exercises 101 The Crossover Symmetry system comes with a very simple instruction card. It even includes pictures! You don't need any rigorous training to figure out what to do. That said, here are a few basic principles to help you get started. Setup and Posture Set your bands up to the proper height. About half of the exercises will call for the bands to be at eye level, and the other half will call for the bands to be at your knees. Crisscross the bands. The band on the left goes in your right hand, and the band on your right goes in your left hand. (Get it? "Crossover" Symmetry!) Establish an athletic position before every rep. Your feet should be approximately shoulder width apart, knees slightly bent and torso upright. Your hips should be back, like in the receiving position for a power clean. Brace your core. Crossover symmetry is deliberately designed to be executed while standing. Research shows a strong correlation between core stability and shoulder stability, and the standing position requires you to activate your core similarly to how you will when hanging or putting weight overhead. Finally, bring your shoulder blades back and down, while keeping your core tight. In this position, you should feel rock solid! Selecting the Right Bands Choose two bands to use for your exercises: one "heavy" and one "light." The instruction card includes guidelines for which bands to choose. If you're just starting off, follow the "novice" guidelines: yellow is your "heavy" and green is your "light" band. As you get used to the exercises, progress up to red for "heavy" and purple for "light." Most of us don't need to advance beyond these resistance levels. Remember, Crossover Symmetry is about training stabilizer muscles — no one needs to PR their banded reverse fly! Execution Choose one of the three major Crossover Symmetry programs. Each program includes a sequence of exercises, which are designed to be performed in order. Activation: A warm-up for your shoulders The focus is on getting your brain to activate the right muscles in the right order, which improves your ability to use them in your upcoming workout. Perform 5-8 reps of each exercise listed. For each rep, hold the finish position for 2 seconds before returning to start. Recovery: A cool-down for your shoulders The focus is on slow, eccentric contraction, which promotes increased blood flow, reduced inflammation, and tendon health. Perform 10 reps of each exercise listed. For each rep, perform a 6-second negative back to the starting position. Strength ("Iron Scrap"): A more rigorous program to improve strength and dynamic stability in your shoulders It can be difficult to maintain the right posture through some of the exercises, so you should only advance to this once you are comfortable with the Activation and Recovery series. Perform 10 reps each of each exercise listed. Each exercise has a different prescription in terms of holds and negatives. Frequency Crossover Symmetry is most effective when performed regularly and consistently. If you do it sporadically before some classes, you'll still probably feel better for the subsequent workout, but for true, long-term benefits you should perform it consistently. Pick a frequency that seems reasonable to you, and be consistent with whatever you choose. Crossover Symmetry recommends that you do the exercises 2-3 times per day, 5 days per week for optimal benefits. Once you get used to it, this could be easily accomplished by using it for 5 minutes before and after every class. Like any new habit, this may take time to build. A good starting place could be doing the Activation or Recovery series three times a week before or after class. Once this becomes an easy habit, you can either add days or start doing it both before and after your workout. Increasing your stability is just like improving mobility or tackling a tough skill: consistency is key. Pop in a few minutes early or stay a few minutes after class, and your shoulders (and your lifts!) will thank you. Questions? Email carissa@evfperformance.com. report this ad Skip to main content Shoulder pain is common among athletes and Crossfitters, so here is how to understand and solve the issues that could be causing yours. Even if you have never experienced shoulder pain, knowledge is power, so understanding how your body works, and training progressions that will strengthen and improve the mobility of your shoulders will make you a more efficient and intelligent athlete. OPTIMISING YOUR SHOULDER HEALTH This plan is designed to fix your shoulder pain in 30 days. It is designed by Crossover Symmetry - a performance based system and the smartest path to optimal shoulder health and performance. You can prevent many injuries by enhancing the balance and function of the rotator cuff and scapular stabilizing muscles. It works to achieve 3 fundamental aims: Pain free shoulders Injury prevention Optimal performance Source: RX'd PhotographyFix your shoulder pain Healthy shoulders are high performance shoulders. Use this plan to also increase speed, power and strength. Check out how and why Ben Bergeron uses Crossover Symmetry to fix shoulder pain in his athletes. BEN BERGERON'S FORMULA FOR SHOULDER HEALTH 30 DAY PLAN TO FIX YOUR SHOULDER PAIN This is a general template for fixing shoulder pain. Check out the Training Zone for sport specific training programs to keep you engage in your activity while alleviating your shoulder issues. The Crossover Symmetry 30 Day Shoulder Fix was designed to solve the underlying dysfunctions that cause shoulder pain while promoting healing of injured tissues. Each week will have fewer movement restrictions and will challenge the shoulder through increasingly difficult positions. These movement progressions are paired with the Crossover Symmetry System, in which the shoulders will become stronger and better equipped to handle the increased for the following week. Each week will conclude with a provocative test for the shoulder progression included in the following week. If you have any shoulder pain with the week's provocative test, it is a sign that you shouldn't move to the following week. Just reset and do that week again. 30 DAY SHOULDER FIX WEEK 1 The primary focus for this week is to reduce shoulder inflammation and to start fixing shoulder position. It's also important to evaluate what may be the cause of your shoulder pain. Is it due to the physical demand of your life, sport, or profession? Are you sitting for too many hours with bad shoulder posture? Or maybe there is an imbalance that needs correcting? You should also use the Crossover Symmetry Red Flag Screen to determine if there is an underlying issue that may need further evaluation. Use Crossover Symmetry Activation daily with modified range of motion and reduced resistance if needed. Use the Crossover Symmetry Mobility program 6x/week. Restrictions: Reduce shoulder stress at all cost. Limit shoulder activities to light loads and no overhead lifting on the symptomatic side. Also, avoid carrying things for a long period, such as a child or backpack. Provocative Test: Crossover Symmetry Activation program without movement modifications and without pain. Shoulder issues should be significantly diminished; it's time to start focusing on strengthening. The Crossover Symmetry Strength program will focus more intensely on strengthening the joint and improving movement quality. WEEK 2 This week should up the ante regarding load on the shoulder, while the Recovery program will help further your arm recovery by increasing blood flow through the injured shoulder to help the healing process. Use Crossover Symmetry Activation Daily. Use the Crossover Symmetry Mobility program 3x/week. Use the Crossover Symmetry Recovery program 3x/week. Restrictions: You can start to increase the load on your shoulder. However, avoid any loaded pressing movements (lifting overhead, push-ups, pushing heavy object, etc.), and continue to avoid the things that you feel might be causing your pain. Provocative Test: Crossover Symmetry Strength program pain free. More information on exercises WEEK 3 Use Crossover Symmetry Activation daily. Use the Crossover Symmetry Mobility program 3x/week. Use the Crossover Symmetry Strength program 3x/week. Restrictions: This week will see fewer restrictions. You may begin pressing things below shoulder height, however, avoid pressing things overhead. Provocative Test: Test out an activity you love that was once painful. It's time to take on your life pain free. Return to your normal daily activities; however, continue to avoid those things that provoke you shoulder issues. Specifically, be careful with the volume and load when moving things overhead, and be aware of how much stress you are placing on your shoulder. WEEK 4 Use Crossover Symmetry Activation daily. Use the Crossover Symmetry Strength program 3x/week. Use the Crossover Symmetry Mobility program 3x/week. Restrictions: There will be no restrictions this week, other than monitoring the volume and load placed on the shoulder. Provocative Test: Is your daily living free from shoulder pain or numbness? Progressively return to your normal daily living without restriction or limitation for your shoulders. UNDERSTANDING YOUR SHOULDERS Understanding your own body is an important key to becoming a fitter and healthier athlete. THE ROTATOR CUFF There are a total of four muscles that make up the rotator cuff. Here are the three that are situated on the back of the scapula. The last one, subscapularis can be found on the inside/ front of the scapula. Source: @itsjuliereadThe rotator cuff The cool thing about the rotator cuff is that it's easy to remember the order of the muscles going counter-clockwise if you're looking at someone's right side. Starting at the top of the humeral head is supraspinatus, then infraspinatus, teres minor and coming around in the front is subscapularis. S.I.T.S. It's an acronym. Keeping the humeral head (the top of the humerus) from popping out of the shoulder joint is the main job of the rotator cuff muscles. THE SCAPULAE Your scapulae (scaps for short) are the foundation of your shoulder joint and these flat wing like bones help to anchor your shoulder to your torso. Any exercise where you move your upper arm utilises your scapulae in some way and any weakness in the 17 different muscles that connect to it will translate into weakness in the movement. They are an incredibly mobile bone, tilting and rotating to accommodate the wide range of movement of the shoulder joint. Anterior view of the Scapulae HOW TO TEST YOUR SCAPULAR HEALTH Here's a quick test for you: grab a small straight object like a pen or toothbrush, one in each hand and stand up straight, shoulders relaxed. Are your objects pointing straight ahead or inwards? If they're pointing in towards your body, I'm sorry to say you probably have far from optimal scapular function. Our modern lives of sitting in chairs and hunching over keyboards has weakened the muscles in this area causing poor shoulder mobility and stability, which can spell disaster if you're an active Crossfitter. This is one of the many reasons why focusing on your shoulder health is essential. WHY ARE THEY IMPORTANT? 1. FOR PERFORMANCE Of your overhead reach, the muscles around your scapulae are responsible for 60 degrees of movement. Everybody knows that a strong overhead pressing or jerking position involves having your upper arm behind your ear, your glutes switched on, your abs tight and your ribcage pinned down. So if you struggle to get the bar directly overhead without having to break good form and flare out your ribcage — compromising safety as well as strength - your scapulae could be the problem. Scapular strength is also fundamental for pressing, rowing, the snatch and overhead squat. When you've got the bar overhead in that wide grip, scapular and lat activation help to put your shoulders in a strong position and stop them rolling forward. As well as being an incredibly dangerous position for your shoulders to be in, inwardly rolled shoulders will shift your centre of gravity forward, bringing you onto your toes and often resulting in a failed lift. You may be surprised to learn that even for a mostly lower body movement like the back squat good scapula function can help. If you can't squeeze them tight to stabilise your back when you're high bar back squatting, your torso is less likely to remain upright and the weight could pull you forwards onto your toes into a weaker and potentially dangerous position. 2. FOR INJURY PREVENTION There is no way around it, CrossFit® requires strong shoulders and good scapular health. From overhead squats to toes to bar, weak shoulders will lead to sub-par performances and possibly injury. Source: RX'd PhotographyStrengthen your overhead mobility Poor shoulder position caused by weak control around the scapulae can stress tendons and ligaments around your shoulder girdle. This stress accumulates slowly, over weeks, months and even years. You may not notice these little micro injuries as they occur, but eventually that one final overhead squat with poor form could be the final straw that broke the camel's shoulder. If your scaps can't move properly to get into strong positions, other parts of your shoulder such as the rotator cuff will have to try and compensate and move in ways that they are not designed to do so. This can result in rotator cuff tears, impingement, bursitis rotator cuff tendonitis/tendinosis and labrum injuries to name a few. Crossover Symmetry is an excellent way to bulletproof your shoulders and fix shoulder pain. Try this 30 day program to solve your pain and/or to generate more effective, pain free and healthy movement and performance in the future. 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