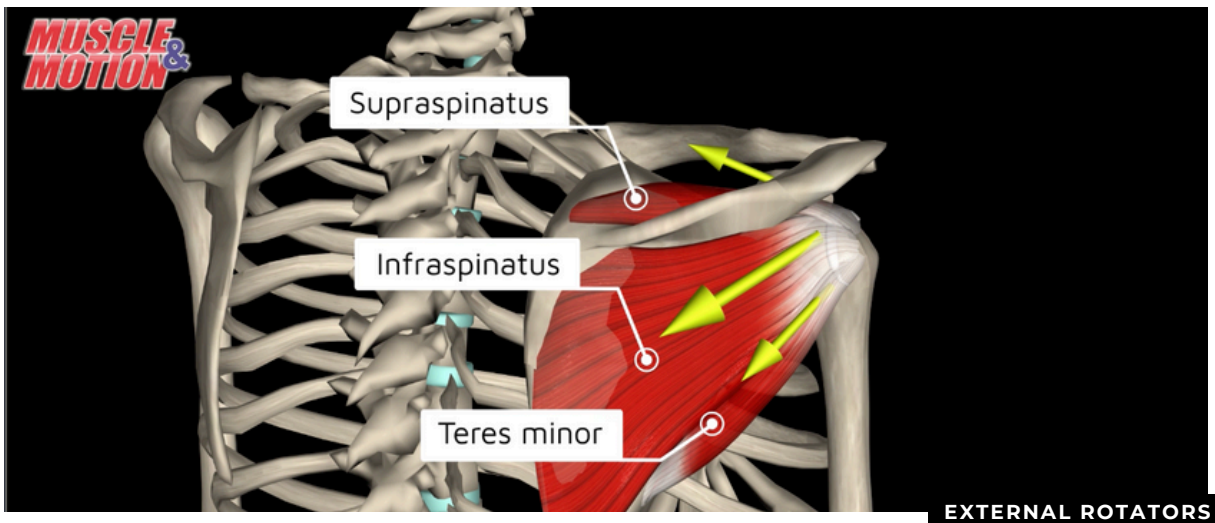


Stay Fit For Good

NEWSLETTER

July 3rd, 2025



Shoulder Power Starts from Within - Understanding the Rotator Cuff's Role in Strength and Posture

Last month, we explored posture as your body's structural foundation. This month, we're zooming in on a key player in that structure: your **rotator cuff** — a powerful group of muscles and tendons that stabilize your shoulders, guide your upper body movements, and support strong, upright posture.

Though small in size, the supraspinatus, infraspinatus, teres minor, and subscapularis work in harmony like threads in a woven cuff — one that wraps around the head of your upper arm bone (humerus). This muscle group forms a dynamic support system, allowing your arm to lift, rotate, and stay centered in its socket. These muscles aren't isolated; they're part of a larger, symbiotic relationship between shoulder stability and upper torso strength.

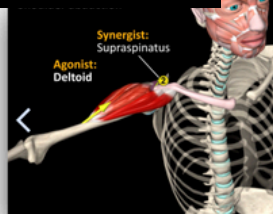
For instance, when you raise your arm to the side — a motion called shoulder abduction — the deltoid gets a lot of credit. But did you know it's the

supraspinatus that initiates that movement? Without it, the deltoid wouldn't even activate effectively.

That's how interconnected these systems are.

Why does this matter for posture and strength? Because every reach, pull, and press starts with a stable shoulder. When the rotator cuff is functioning well, your spine aligns better, your movements become more efficient, and your risk of injury drops significantly.

SHOULDER ABDUCTION



and powerful your movements become. Strength doesn't start with heavy lifting — it starts with deep awareness.

This Month: Stay conscious of how your shoulder muscles support each other. The rotator cuff isn't just about injury prevention — it's foundational to strength, posture, and lifelong mobility.

UPCOMING CLASSES:

SATURDAYS

JULY 5TH - 9:30-10:30
JULY 12TH - 9:30-10:30
JULY 19TH - 9:30-10:30
JULY 26TH - 9:30-10:30

THURSDAYS

JULY 3RD - 9:00-10:00
JULY 24TH - 9:00-10:00
JULY 31ST - 9:00-10:00

Action Tips for July

1. Practice gentle shoulder circles and arm swings daily
2. Strengthen with light dumbbells or resistance bands
3. Incorporate rotations into your routine
4. Keep shoulders down and relaxed during upper body work
5. Stretch chest and shoulder muscles regularly to reduce tension

And don't forget to breathe!

Lebra Porter