

Shoulder Flexibility & Mobility

Take your time easing into the stretches and listen to your body, only push to your own limits.

Complete 2 Rounds of 1 - Floor Based Circuit

Complete 1 Round of 2 - Bar Based Circuit

1 - Floor Based

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| 1. Bent Arm Shoulder Splits Single Arm | 30 Secs |
| 2. Bent Arm Circles | 20 Secs 10 Each Way |
| 3. Straight Arm Shoulder Splits Single Arm | 30 Secs |
| 4. Full Shoulder Splits | 30 Secs |
| 5. Childs Pose | 30 Secs |
| 6. Downward Dog | 30 Secs |
| 7. Cross Over Delt/Lat Stretch | 30 Secs |
| 8. Neck/Trap Stretch | 30 Secs |

2 - Bar Based

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| 1. Inlocate/Dislocate with Stick or Elastic | X10 |
| 2. Face Down Inlocate/Dislocate with Stick or Elastic | X10 |
| 3. Face Down Inlocate/Dislocate with Weighted Bar | X10 |
| 4. Under Grip Inlocate/Dislocate with Stick or Elastic | X10 |
| 5. Under Grip Face Down Inlocate/Dislocate with Stick or Elastic | X10 |
| 6. Under Grip Face Down Inlocate/Dislocate with Weighted Bar | X10 |
| 7. German Hang Feet Rested | 30 Secs |
| 8. German Hang | 20-30 Secs |
| 9. Shoulder Opener | 30 Secs |
| 10. Tricep Plank | 45 Secs |