1. **Upper Body Mobility**

   - Repeat for 3 sets.

2. Stand feet shoulder width apart.

3. Stand 1st foot shoulder width apart.

4. Reach arm 1 behind at about shoulder height.

5. Reach arm 2 overhead.

6. Rotate body & arm.

7. Stand overhead.

8. Cross body.


10. Repeat.

   - Overhead height.

   - Reach arms backwards.

11. Repeat.

   - Front of body.

12. Repeat.

   - Reach arm across body.

13. Stand up.


**Notes:**

- Keep gaze fixed forward.
- Arms continue rotating.
- 10 punches per arm.
- 5 punches per motion.
- Repeat motion.
- 5 times.
- Final position.
- Repeat.
- Final position.
- Repeat.
- Left.
- Repeat.
- Left.
- Repeat.
- Left.
- Repeat.
- Left.
- Repeat.
- Left.
- Repeat.
- Left.
- Repeat.