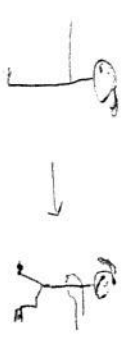


# UPPER BODY MOBILITY

① (A) arms at shoulder height rotate + step backwards bringing arms + gaze with the rotation



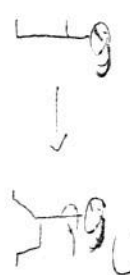
repeat 5x =>

(B) repeat motion stepping gaze at 90° from start and letting arms continue



repeat 5x =>

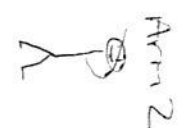
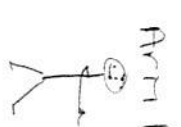
(C) repeat motion keeping gaze fixed front + arms rotating



oppos side =>

② Stand feet shoulder width apart

- reach 1 arm across in front of you - palm up
- reach opposite arm over head + across body in front of forehead
- allow body to twist + bend w/ rotation of arms



repeat 5-10x

③ Stand w/ feet shoulder width apart

- reach arm 1 behind at about shoulder height
- reach arm 2 over head in same direction
- rotate body w/ arm swinging



repeat 5-10x

④ 5 - way alternating punches

- (A) over head reaching back
- (B) above shoulder cross reach
- (C) above shoulder backwards reach

- (D) overhead side bend
- (E) straight backwards reach below shoulder

10 punches per arm