



APPLIED **FITNESS** SOLUTIONS

Mobility Workout

General Shoulder- Yoga Block



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Mobility Exercise	Sets/Reps	Advanced Cuing
Infraspinatus Release Against Wall	1-2/side; 30- 60seconds	Place ball just below where the rear portion of your shoulder meets your back. You will "know" when you find the right spot. Roll up/down, side/side
Upper Rib Mobilization	2-3set/sd; 30-60s	Keep arms straight, bring overhead, then reach to opposite hip
Pec major Release w/ Ball	1-2/side; 30- 60seconds	Position ball below clavicle and just inside of shoulder (staying off the shoulder itself).
Teres Major/Minor Release Against Wall	2-3 sets/sd; 10-15 reps	Position ball on "corner" between scapula and upper arm. Pin/stretch tissue by bending elbow to 90 and slowly reaching to extension