



APPLIED **FITNESS** SOLUTIONS

Mobility Workout

General Shoulder- Yoga Block



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Mobility Exercise	Sets/Reps	Advanced Cuing
Suboccipital Release w/ Block	1-2/side; 30- 60seconds	Relax neck and top of shoulders to floor
YTI w/ Block	2- 3set/mvmt; 20-30sec holds	Keep palms facing ceiling, make sure elbows, wrists, and forearms stay on floor, even if it means skipping one of the movements, or making them wider.
Lat Release w/ Block	1-2/side; 30- 60seconds	Relax rib cage toward mat, keep tool below armpit, in moving front/back, work from bottom shoulder, oscillate area
Forward Fold with Shoulder Protraction Retraction	2-3 sets/sd; 10-15 reps	Keep feet parallel and core engaged to maintain lumbar curve. As hand reaches to horizontal abduction, maintain protraction/retraction of scapula, keep arm in one plane of motion