

Shoulder Mobility and Scapular Activation



Lying Robberies

Start: Lie on back with knees bent and feet flat on the ground. Position elbows at 90 degrees to body with hands pointing to the ceiling.

Finish: Keep lower back flat on the ground. Rotate hands down to the floor while keeping the elbows and shoulder in contact with the ground.

Lying T “Snow Angels”

Start: Lie on back with knees bent and feet flat on the ground. Position arms out at 45 degrees from the hip with palms up.

Finish: While keeping elbows and low back flat on the ground, move arms in a “Snow Angel” motion straight overhead.

Lying Overhead Press

Start: Lie on back with knees bent and feet flat on the ground. Position elbows at 90 degrees to body while keeping elbows and hands in contact with the ground.

Finish: Press arms straight overhead while maintaining low back, elbows, and hands on ground.



Cobra

Start: Lie on stomach with arms positioned along body at a 45 degree angle with thumbs pointing to ceiling.

Finish: Lift knees, arms, and chest off the ground.



Incline Plank Hold

Start: Place hands on inclined object with arms straight. Widen feet width to increase stability. Draw in abs, squeeze glutes, and maintain a straight line through shoulders, hips and ankles. (To increase intensity decrease height of object)



Incline Plank Shoulder Taps

Start: Place hands on inclined object with arms straight. Widen feet width to increase stability. Draw in abs, squeeze glutes, and maintain a straight line through shoulders, hips and ankles. (To increase intensity decrease height of object)

Finish: Lift hand off box and touch opposite shoulder. Return to plank position and repeat shoulder tap with opposite arm. Goal is to not allow the hips to sway or rotate during movement.



Hip Rotations

Start: Lie on back with arms extended outward and palms down. Bend the knees while keeping feet flat on ground.

Finish: Slowly rotate hips to bring knees toward floor, then rotate to the opposite side, keeping shoulder firmly on the ground.



Kneeling Prayer

Start: Kneel down with forehead on object, elbows straight out from the shoulders, and palms down in front of object.

Finish: Lift and rotate hands towards ceiling while keeping elbows in contact with the ground. Feel muscle activate between shoulder blades.



Incline Plank Hip Extension

Start: Place hands on inclined object with arms straight. Widen feet width to increase stability. Draw in abs, squeeze glutes, and maintain a straight line through shoulders, hips and ankles. (To increase intensity decrease height of object)

Finish: Lift one leg off ground while keeping knee straight. Return to plank position and repeat. Goal is to not allow the hips to sway or rotate during movement.