



Class name:

Shoulder Daily Mobility

Number of exercises: **5**

Number of sets: **1**

Equipment: **Foam Roller**



SET 1:

exercise 1 & 2

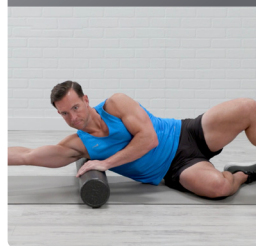


Foam Roll Pecs right & left, 1 min each

Roll up and down for full length of muscle

Roll side to side over tight areas

exercise 3 & 4



Foam Roll Lats right & left, 1 min each

Roll up and down for full length of muscle

Roll side to side over tight areas

exercise 5



Thoracic Mobility Foam Roll 1 min

Let gravity do the work until natural stopping point

Extend upper back over foam roller

Lift elbows up overhead