



## CRAP SESSION 3 – UPWARDLY MOBILE

### Warm Up

- 1. Shoulder pass through** - Lift both arms simultaneously over your head and down to your bottom holding onto a pole. Repeat 6-10 times each way. Rest 60 seconds. 2 cycles.
- 2. Cat cow drill** – two positions – open lumbar / locked lumbar. Lift and curl thoracic head down (cat), drop and extend thoracic head up (cow). Repeat each 10 times. 2 cycles.
- 3. Shoulder reach** – half squat against wall reach up above head, hold 5 secs, return to bottom. 8-10 reps, 2-3 cycles

### Main Skills

- 4. Sphinx** – on front with chest up supported by forearms. Engage lats. Extend one arm parallel with floor at shoulder height. Alternate arms. 8-10 reps each side. 2-3 cycles.
- 5. Squat Rotation** – Set up a deep squat with knees wide and elbows inside knees. Raise one arm up and rotate torso. Alternate sides. 8-10 reps each side. 2-3 cycles
- 6. Superman & half row** - Using stretch cord or similar, lie on front arms extended. Lift from thoracic, bring arms to chest (row), return to extension and lower. 6-8 reps. 2-3 cycles. Modify by just performing one element ie just lift or just row.
- 7. Lunge & rotate** – Hold ball in both hands extended out in front, step into lunge, rotate to side of raised leg, return to middle, stand up. Alternate sides. 8-10 reps. 2-3 cycles
- 8. Half kneeling wall rotation** – With pull against wall, set up half kneel. Hands behind head. Draw an arc with elbow closest to wall and return to front. 8-10 reps. 2-3 cycles

### Cool Down / Stretching

- 9. Sleeper stretch** – lie on side bottom arm extended at shoulder height. Use upper arm to gently press forearm towards floor. Hold at extent of ROM for 20-30 seconds. Release and repeat trying to go a little further each time. BE GENTLE. 4-5 reps on each side. 2-3 cycles
- 10. Spine curls** – stand close to wall, roll slowly down to extent of ROM and back up again. 6-8 reps

**Work at your own pace and take rest between sets and between exercises. You can run through skills 4 – 8 in a circuit-style program working 1-2 sets of each skill through all skills and then return to the top of the main skills section.**