



## Stick mobility 1 - Week one

- Complete from top to bottom
- Complete at least twice this week, aim for five times
- Only push to your own limits certain parts maybe hard due to poor mobility

Reps	Activity
20	Forward paddling
20	Reverse paddling
10	Twisting right to left
10	Side bending up and down
2	Twist and hold one on each side
2	Side bends and hold one on each side
20	Rotator cuffs up and down
20	Rotator cuffs left to right (10 on each arm)
10	Twisting right to left (stick behind back)
10	Side bending up and down (stick behind back)
2	Twist and hold one on each side (stick behind back)
2	Side bends and hold one on each side (stick behind back)
20	Double hand windmills
20	One hand windmills (10 on each)
10	Twisting right to left (stick in front)
10	Side bending up and down (stick in front)
2	Twist and hold one on each side (stick in front)
2	Side bends and hold one on each side (stick in front)

Check out the video at [willdofitness.co.nz/stick-mobility](http://willdofitness.co.nz/stick-mobility) for more details