



Stick mobility 2 - Week two

- Complete from top to bottom
- Complete twice this week and also do Stick mobility 1 as well
- Only push to your own limits certain parts maybe hard due to poor mobility

Reps	Activity
20	Shoulder extension - Front, right arm
20	Shoulder extension - Front, left arm
10	Shoulder extension - Side, right arm
10	Shoulder extension - Side, left arm
5	Shoulder extension - Rear, right arm
5	Shoulder extension - Rear, left arm
20 sec	Shoulder extension digging - Front, right arm
20 sec	Shoulder extension digging - Front, left arm
20 sec	Shoulder extension digging - Side, right arm
20 sec	Shoulder extension digging - Side, left arm
20 sec	Shoulder extension digging - Rear, right arm
20 sec	Shoulder extension digging - Rear, left arm
Repeat from the top but this time when holding your stick your thumb is facing down	

Check out the video at willdofitness.co.nz/stick-mobility for more details