



Stick mobility 4 - Week four

- Complete from top to bottom
- Complete twice this week and also do weeks 1, 2 & 3 routine as well
- Only push to your own limits certain parts maybe hard due to poor mobility

Reps	Activity
20	Shoulder extension - Front, two hands
20 sec	Shoulder extension digging - Front, two hands
20 sec	Two hand lat stretch
10	Shoulder extension - Front, right arm
20 sec	Shoulder extension digging - Front, right arm
20 sec	Lat stretch right arm
10	Shoulder extension - Front, left arm
20 sec	Shoulder extension digging - Front, left arm
20 sec	Lat stretch left arm
20 sec	Two hand thumbs together lat stretch - Right hand on top
20 sec	Pulling the bow
20 sec	Two hand thumbs together lat stretch - Left hand on top
20 sec	Pulling the bow
20 sec	Diagonal digging - Right hand on top
10	Diagonal isometric twist - Right hand on top
20 sec	Diagonal digging - Left hand on top
10	Diagonal isometric twist - Left hand on top

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