

WILD SKILLS

Posture and Stability - Upper Body

Warm-up

Be sure to take 10-15 minutes to increase the blood flow before you start on your movements.

Upper Body Posture and Stability Workout

Perform each exercise consecutively for 2 Rounds

Movement	Reps/Time	Key Points
Prone PVC Thoracic Rotation	x6 each	Shoulders packed, hips down, bring eye gaze with the rotation
Face Pull	x12	Tight core, thumbs back, squeeze between the shoulder blades, elbows 90 degrees
Band Pull Apart	x12	Packed shoulders, squeeze for a second, palm up 1 st rd., palm down 2 nd rd.
Foam Roll Sit and Reach	x12	Point toes, butt to heels, thumbs up, long as possible
Prone Y,T,A	x5 each	Packed shoulders, eye gaze down, squeeze
Scapular Push Up	x12	Slight elbow bend, squeeze the shoulder blades, then separate them
Eccentric Push Up	x12	4 seconds down, assist yourself back up
Doorway Stretch	x15 seconds	elbow just under shoulder height, lean body forward
Wall Stretch	x15 seconds	palm on the wall, shoulder touching the wall, rotate away

***Refer to Wild Skills video for visual on movements**