

# MOBILITY PREP. ✓

## upper body

**mini band external rotations** - 2 minutes

**wall slides** - 1 minute

**dead hangs from pullup bar** - 1 minute

**yoga or T pushups** - 2 minutes

## lower body

**inch-worms** - 2 minutes

**elevated pigeon stretches** - 1 minute per side

**spiderman steps** - 15 per side

**bodyweight squats** - 2 minutes