

Shoulder Mobility

Drills

Level 1

Exercise	Reps	Notes
Wall Arm Slides	30	
Arm OH Wall Lean	1 min	each

Level 2

Exercise	Reps	Notes
Lateral Arm OH Wall Lean	1 min	each
Rack Pull Through	2 min	pull
Sleeper Stretch	2 min	rocking

Level 3

Exercise	Reps	Notes
Banded Chest Opener	2-4 min	light band
Banded BO Arm OH Stretch	2-4 min	weight knees
Posterior Capsule Smash	2-4 min	barbell