

T-Spine Mobility

Drills

Level 1

Exercise	Reps	Notes
Quad T-Spine Rotation	15	2 sets
Side Lying Windmill	10	2 sets

Level 2

Exercise	Reps	Notes
Deep Lunge T-Spine Rotation	15	2 sets
Side Lying Windmill	10	2 sets

Level 3

Exercise	Reps	Notes
Deep Lunge T-Spine Extension	15	2 sets
Barbell OH Roller Extension	1-3 min	