

Upper-Body Mobility Finisher

Complete 1 round of this circuit after your workout to increase upper-body mobility and flexibility.

Foam Roll: T-Spine (Arms Overhead)

- 60-120 sec
- Roll entire length of ribcage
- Flex and extend spine 1-2 inches
- Cross arms over chest if too intense



Foam Roll: Lats

- 60-120 sec each side
- Roll mid-ribcage up to armpit
- Pause in spots of tension



Foam Roll: Pec/Shoulder

- 60-120 sec each side
- Start with arm straight above head
- Sweep arm downward to capture tension



Band-Assisted Overhead Stretch

- 60-120 sec each side
- Anchor band above head
- Arm straight, bow head forward and down



Band-Assisted Lat Stretch

- 60-120 sec each side
- Anchor band below knees
- Move further from band to stretch lats



Band-Assisted Shoulder Internal Rotation Stretch

- 60-120 sec each side
- Anchor band below knees
- Rotate away from anchor point



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