

MOBILITY: Shoulder & Wrist Exercise List

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Directions: For optimal joint mobility and functional movement, perform mobility exercises as needed in addition to my **Dynamic Warm-Up**.

Shoulders & Wrists Only
<input type="checkbox"/> Alligator (4-8x each direction)
<input type="checkbox"/> Alternate Arm Raise (5-10x each side)
<input type="checkbox"/> Arm Press (5-10x each side)
<input type="checkbox"/> Behind Back Reach (3-5x each side)
<input type="checkbox"/> Cymbal Crash (4-6x)
<input type="checkbox"/> Fast Pitch (4-6x)
<input type="checkbox"/> Hand Slaps (4-6x each direction)
<input type="checkbox"/> High Reach & Roll (Small to Large)
<input type="checkbox"/> Jacks Without Jumps! (5-10x)
<input type="checkbox"/> Reach, Roll, Lift (10x each side)
<input type="checkbox"/> Scare Crow (4-8x each side)
<input type="checkbox"/> Shoulders Back & Down (5-10x)
<input type="checkbox"/> Shoulder Tap (5-10x)
<input type="checkbox"/> Standing 'Y' (5-8x)
<input type="checkbox"/> Standing 'T' (5-8x)
<input type="checkbox"/> Standing 'W' (5-8x)
<input type="checkbox"/> Standing 'L' (5-8x)
<input type="checkbox"/> Swim Stroke (5-10x each side)
<input type="checkbox"/> Twist/Turn (5-8x each side)
<input type="checkbox"/> Wrist-Paint (4-6x)
<input type="checkbox"/> Wrist-Roll (4-6x each direction)
<input type="checkbox"/> Wrist-Swim (4-6x)

* Ron Jones (6.1.08)