

STRENGTH & MOBILITY

WITH JESS ADAMS

FEBRUARY 22, 2021: ARMS

WARM-UP:

- **5-10 DEEP BREATHS (LAYING DOWN ON BACK)**
 - BREATHE FROM DIAPHRAGM, FEEL YOUR STOMACH RISE & FALL
 - TRY 7 SECOND INHALE, 4 SECOND HOLD, 8 SECOND EXHALE
- **3X EACH T-SPINE MOBILITY STRETCH**
- **3-5 WINDSHIELD WIPERS (KNEES FALLING SIDE TO SIDE)**

MOBILITY ROTATIONS/STRETCHES

- HEAD UP & DOWN, LEFT & RIGHT, EAR-TO-EAR, CIRCLES 2X EACH DIRECTION
- SHOULDER CIRCLES FORWARD & BACK
- ARM CIRCLES FORWARD & BACK
- STANDING HIP ROTATIONS
- FOOT PEDDLES

*REPEAT EACH CYCLE 2X

CYCLE #1

- **5X SWIMMIES (Y SHAPE ARMS, KEEP HANDS OFF BACK)**
- **10X TRICEP SQUEEZES (HOLD ARMS UP & IN)**
- **10X THERA BAND BICEP CURLS (STAND ON BAND)**
- **10X EACH THERA BAND DOOR OPENERS**
- **10X EACH THERA BAND ZIG ZAG ARM PULLS (ARMS BEHIND BACK, PULL UP W/ TOP ARM 10X, PULL DOWN W/ BOTTOM HAND 10X)**

CYCLE #2

- **1 MIN HIGH PLANK**
- **10X PUSH-UPS (ELBOWS IN! -SQUEEZE TO SIDES)**
- **10X LOW PLANK HIP SWIVELS**
- **10X EACH SIDE PLANK HIP DIPS**

CYCLE #3

- **10X BURPEES**
- **10X TRICEP DIPS**
- **10X YOGA TRICEP DIPS (DOWNWARD DOG PUSH-UPS)**
- **WHEN IN DOUBT – ARM CIRCLE IT OUT! KEEP ARMS STRAIGHT OUT, PULSE/CIRCLE ARMS TINY & FAST!**

LISTEN TO YOUR BODY!

Feeling pain? PAUSE!

Discomfort is okay, pain is not.

All exercises can be modified!

Reach out to Jess if you need help
finding a modification/advancement:
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