

PA MOBILITY



UPPER-BODY MOBILITY

MOVEMENT PRACTICE

M03

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WHAT THIS GUIDE IS FOR

Choose one session that fits the movement you want to practice. These four options complement training; they are not assigned to weekdays.

UPPER-BODY A

Overhead & Reach

Before overhead work to practice reach and shoulder motion.

UPPER-BODY B

Rotation, Rack & Wrists

Before rack or rotation tasks that need wrist and upper-back motion.

UPPER-BODY C

Upper-Body Reset

For a broad upper-body reset after prolonged sitting.

UPPER BODY D

Upper Cooldown

After upper-body training for slower, comfortable movement.

Equipment for each choice appears on page 5. You can repeat a choice and compare your records over time.

CHOOSE. PRACTICE. COMPARE.

01 CHOOSE Use page 5 to A, B, C, or D and check the equipment list.

02 READ Page 6 explains the fields and Mobility tempo. Page 7 has optional position checks.

03 PRACTICE Pages 8–11 show one workout sheet per choice. A1, B1, C1, and onward.

04 RECORD Use the blue S1–S3 fields for each drill. Add what felt best and what to try next time.

05 COMPARE Page 12 keeps position checks, and results together. Drill setups follow.

You may use a relevant session whenever it complements training. Quality, control, and repeatable records matter more than a fixed schedule.

CHOOSE THE SESSION

Choose a session by its movement focus. Equipment is listed here; the workout sheets keep the Strength layout.

UPPER-BODY A

Overhead & Reach

EQUIPMENT REQUIRED Kettlebell, plyo box, PVC pipe, ab roller, exercise mat

UPPER-BODY B

Rotation, Rack & Wrists

EQUIPMENT REQUIRED Squat rack, barbell, kettlebell, light tube band, yoga blocks (2), exercise mat

UPPER-BODY C

Upper-Body Reset

EQUIPMENT REQUIRED Squat rack, plyo box, yoga blocks (2), exercise mat, wall space

UPPER BODY D

Upper Cooldown

EQUIPMENT REQUIRED Squat rack, plyo box, yoga blocks (2), exercise mat

Run a session when it serves the workout or movement goal; these are choices, not assigned weekdays.

YOUR MOBILITY WORKOUT KEY

The workout sheet follows Strength: number, exercise, sets, reps, tempo, RPE, notes, and a separate record for every set.

NO. A1, B1, C1... follow Strength workout numbering. Move through the exercises in order and record your response for each.

EXERCISE An asterisk marks an exercise with a Special Notes cue. [ASSIST] helps into range; [RESIST] works against you; [LOAD] uses weight.

SETS + REPS / TIME Complete 2–3 controlled rounds as a starting range. Record each round in S1–S3; adjust if control fades. “/side” means each side.

TEMPO For mobility, 2-3-2 means 2 seconds into range, 3 holding it, 2 returning. Words such as “slow” or “long exhales” are instructions; “fast up” applies only where written. Dash = no tempo.

RPE + REST RPE is effort on a 1–10 scale. REST is the pause after a set; 0 means no scheduled pause before the next row.

SPECIAL NOTES One short cue. Detailed setup, easier and harder versions follow in the drill pages.

RECORD EACH SET S1, S2, S3 are separate result records. For Mobility, note active range, side difference, control, or response. For Strength, record load and reps.

SELECT → PRACTICE → RECORD → APPLY

Choose equipment on page 5. Use the separate position-check page if needed. For Primers, apply the useful position in the first lift warm-up.

Strength tempo: lower • pause • lift • pause. A three-part Mobility code means into-range • hold • return. Only a specifically labeled fast phase is fast.

HOW TO TEST AND RETEST

Use the check named on your session sheet. Repeat it with the same setup after the drills; record what you actually notice.

Supine Overhead Reach On your back, knees bent, low back flat. Straight arms, thumbs up, reach overhead toward the floor. Stop when ribs lift or low back arches. **RECORD** Hand to floor: touch / fingertips / gap (finger widths), L and R

Knee-to-Wall Half-kneel or split stance facing a wall. Heel down, knee touches the wall. Slide the foot back until the knee can just touch.

RECORD Toe-to-wall distance (cm or in), L and R

PVC Pass-Through Grip Width Tape marks every inch on the PVC. Pass over and behind with straight elbows and no rib flare.

RECORD Narrowest clean grip (index finger to index finger)

PVC Hinge Check PVC along the spine touching head, upper back and tailbone. Hinge until any contact point is lost.

RECORD Contact lost: above 45° / about 45° / near parallel

Behind-Back Reach One hand over the shoulder and down the back, the other up the back from below. Switch sides.

RECORD Finger gap (finger widths or cm); overlap = negative

Squat-to-Target Check Bodyweight squat to a box, step, or stack. Heels down, 3 s pause, stand without rocking.

RECORD Lowest target you control

Active Straight-Leg Raise On your back, both legs straight, toes up. Raise one straight leg; the other stays flat.

RECORD Raised ankle lines up over: mid-thigh / knee / mid-shin / below

STOP / SCALE Sharp or pinching pain, lasting pain, numbness or tingling, dizziness, or loss of position: reduce range or difficulty. If it persists, skip the drill today.

One better retest is feedback from today, not proof of a permanent range change. Cooldowns have no formal position check.

UPPER-BODY A / OVERHEAD & REACH

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Kneeling Box Thoracic Extension*	2–3	30 s + 3 s lift-off	hold	5	0
B1	Half-Kneeling Bottoms-Up KB Press* [LOAD]	2–3	5/side	2-2-2	6–7	45 s
C1	Kneeling Ab Roller Rollout to Box Stop*	2–3	6	3-1-2	7	0
D1	Single-Arm KB Overhead Carry* [LOAD]	2–3	30 s/side	steady walk	6–7	45 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Tuck tailbone, sink the chest	S1	S2	S3
B1	Grip hard, bell stacked over elbow	S1	S2	S3
C1	Ribs down, reach long	S1	S2	S3
D1	Biceps by ear, walk tall	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

UPPER-BODY B / ROTATION, RACK & WRISTS

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Side-Lying Open Book*	2–3	4/side	3-3-3	4–5	0
B1	Half-Kneeling KB Halo* [LOAD]	2–3	5 each direction	slow	5–6	30 s
C1	Quadruped Wrist Rocks (3 positions)*	2–3	6 each position	1-2-1	4–5	0
D1	Barbell Front-Rack Hold, Bar in Rack* [LOAD]	2–3	20 s	hold	5–6	30 s
E1	Band Internal Rotation, Elbow at Side* [RESIST]	2–3	8/side	2-1-2	5	0
F1	Half-Kneeling High-to-Low Band Chop* [RESIST]	2–3	6/side	2-1-2	6	30 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Knee pins the block; turn from the ribs	S1	S2	S3
B1	Tight circle; ribs don't move	S1	S2	S3
C1	Elbows straight, rock gently	S1	S2	S3
D1	Elbows high, fingertips only	S1	S2	S3
E1	Shoulder blade stays back	S1	S2	S3
F1	Turn from ribs, hips square	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

UPPER-BODY C / UPPER-BODY RESET

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	Child's Pose Lat Reach, Side Shift* [ASSIST]	2–3	30 s/side	breathe	4	0
B1	Thread-the-Needle with Reach*	2–3	5/side	3-2-2	5	0
C1	Rack Upright Pec Opener* [ASSIST]	2–3	30 s/side	hold	4–5	0
D1	Wall Slide with Lift-Off*	2–3	8	3-2-2	5–6	20 s
E1	Prone Swimmer*	2–3	5	slow	5–6	20 s
F1	Dead Hang*	2–3	20 s	hold	5–6	30 s

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Sit hips back, long exhale	S1	S2	S3
B1	Hips stay over knees	S1	S2	S3
C1	Gentle; turn the chest away	S1	S2	S3
D1	Ribs down, forearms float off	S1	S2	S3
E1	Forehead down, reach long	S1	S2	S3
F1	Shoulders away from ears	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME

UPPER BODY D / UPPER COOLDOWN

DATE

NO.	EXERCISE	SETS	REPS / TIME	TEMPO	RPE	REST
A1	90/90 Breathing, Arms Overhead*	2–3	5 slow breaths	long exhale	3	0
B1	Side-Lying Open Book*	2–3	5/side	3-3-3	4	0
C1	Child's Pose Lat Reach, Side Shift* [ASSIST]	2–3	45 s/side	breathe	4	0
D1	Rack Upright Pec Opener* [ASSIST]	2–3	45 s/side	hold	4	0
E1	Quadruped Wrist Rocks (3 positions)*	2–3	6 each position	1-2-1	3–4	0
F1	Quadruped Scapular Push-Up*	2–3	10	1-1-1	4	0

NO.	SPECIAL NOTES*	RECORD EACH SET		
A1	Ribs down, reach long	S1	S2	S3
B1	Turn from the ribs	S1	S2	S3
C1	Sit hips back	S1	S2	S3
D1	Gentle stretch only	S1	S2	S3
E1	Rock gently	S1	S2	S3
F1	Push the floor away	S1	S2	S3

ROUNDS 2–3

CONTROLLED PRACTICE

Record each set response.

SESSION NOTES / WHAT FELT BEST?

NEXT TIME



KEEP A USEFUL RECORD

Log repeated sessions with the same check or movement setup. Compare controlled range, side differences and how the position feels. A better result today is feedback, not a promise of permanent change.

DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS
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DATE	SESSION	CHECK / POSITION
STARTING POINT	CURRENT RESULT	NEXT FOCUS

No formal check? Record one repeatable movement observation and use the same setup next time.

SETUP • EASIER • HARDER

DRILL SETUPS / 1 of 3 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Kneeling Box Thoracic Extension Thoracic extension that feeds overhead reach.	Kneel facing a low box, elbows on the edge, PVC in hands, hips back, tailbone tucked; let the chest sink; end by lifting elbows 1 in for 3 s.	Hands flat on the box.	Longer lift-off.
Half-Kneeling Bottoms-Up KB Press [LOAD] Overhead path with scapular and grip control.	Light KB (4–12 kg) held bottom-up; press to overhead, 2 s hold. Wrist pain → regular grip.	Regular KB press, tall-kneeling.	Standing, heavier.
Kneeling Ab Roller Rollout to Box Stop Full shoulder flexion while the trunk resists arching.	Box in front at a distance you reach with ribs down; roll out until the roller touches the box.	Plank with hands on a box.	Move the box farther.
Single-Arm KB Overhead Carry [LOAD] Overhead position under load while walking.	KB locked out overhead, biceps by ear, walk tall.	Tall-kneeling overhead hold.	Bottoms-up carry.
Side-Lying Open Book Thoracic rotation with a quiet low back.	Side-lying, hips and knees 90°, yoga block under the top knee; open the top arm across, eyes follow hand.	Smaller arc.	Lift top hand 1 in off the floor, 3 s.
Half-Kneeling KB Halo [LOAD] Shoulder circumduction with a still trunk.	4–12 kg KB by the horns, bottom-up; circle close around the head.	Lighter kettlebell.	Standing, heavier.

SETUP • EASIER • HARDER

DRILL SETUPS / 2 of 3 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Quadruped Wrist Rocks (3 positions) Wrist extension/flexion tolerance.	Palms down fingers forward; palms down fingers back; backs of hands down (very light).	Less weight forward; skip backs-of-hands.	Longer end-range pause.
Barbell Front-Rack Hold, Bar in Rack [LOAD] Front rack under real bar geometry.	Empty bar in J-hooks at mid-chest; step under, bar on front delts, fingertips under, elbows up. Bar stays on the hooks.	Wider grip; shorter holds.	Longer holds, narrower grip.
Band Internal Rotation, Elbow at Side [RESIST] Active shoulder internal rotation.	Light tube band anchored to the rack at elbow height beside you, elbow pinned to your side; rotate forearm in toward the belly.	Lighter band.	3 s hold at end.
Half-Kneeling High-to-Low Band Chop [RESIST] Trunk rotation under control.	Band at HIGH anchor, half-kneeling side-on (inside knee down); pull diagonally high- outside to low-inside.	Tall-kneeling, lighter band.	Split stance.
Wall Slide with Lift-Off Overhead reach with scapular upward rotation.	Forearms on the wall, slide up to the top you own, lift forearms 1 in off the wall for 2 s, slide down.	Stop lower.	Longer lift-off.
Thread-the-Needle with Reach Thoracic rotation from all fours.	Hands and knees; thread one arm under the body, then open it to the ceiling; hips stay over knees.	Smaller range.	Pause 3 s at top.

SETUP • EASIER • HARDER

DRILL SETUPS / 3 of 3 • Exercise names match the session sheets.

DRILL / PURPOSE	SETUP	REGRESS	PROGRESS
Prone Swimmer Active shoulder range through Y–T–W–behind-back.	Face down, forehead on your hands, on the mat; lift arms and sweep from overhead to behind the back and return.	Arms only to T.	2 s pause in each position.
Child's Pose Lat Reach, Side Shift [ASSIST] Lat and shoulder flexion with the trunk supported.	Kneel, sit hips back, hands forward on two yoga blocks; walk both hands to one side and breathe.	Hands closer to the knees.	Palms up.
Quadruped Scapular Push-Up Scapular protraction/retraction control.	Hands and knees, arms straight; let the chest sink between the shoulder blades, then push the floor away.	Smaller range.	From a plank.
Rack Upright Pec Opener [ASSIST] Chest and front-shoulder length.	Forearm on a rack upright at shoulder height; step through and turn chest away gently.	Hand lower.	Arm higher (about 120°).
90/90 Breathing, Arms Overhead Downshift; ribs down with arms overhead.	On your back, calves on a plyo box, arms reaching overhead; slow nasal inhale, long exhale.	Arms by sides.	Hold a PVC overhead.
Dead Hang Overhead shoulder range under bodyweight.	Hang from the rack's pull-up bar; shoulders active, not shrugged to ears.	Feet-supported hang (toes on a plyo box).	Longer holds.