



LC PVC MOBILITY - 8 REPS EACH

- Pass-Throughs
- Figure 8's
 - Both Directions
- Open Arm Pull Backs
 - Both Arms
- Behind Back Pull Downs
 - Both Arms
- Behind Back Pull Ups
 - Both Arms
- Pass-Throughs - start behind back w/overhand grip
- Windmills - tube on shoulders and hands to opposite toes
- Overhead Squat
 - Hold squat on last rep and do 5 pass throughs