Shoulder Mobility Workout for Beginners

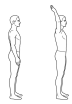
Twenty minutes on the floor and against a wall for stiff shoulders: the shoulder blades, the upper back and the reach overhead, slow and controlled.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Mobility	Upper body	Beginner	20 min	None

WARM UP

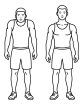
Once through, at an easy pace

Arm Circles



30 s

Shoulder Roll



10 reps

Cat-Cow Pose

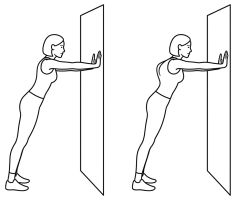


45 s

MAIN

All sets of a move, then the next

1 Wall Scapular Push-Up

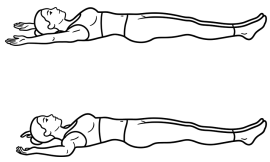


2 × 10

rest 30 s

Arms stay straight; only the shoulder blades move

2 Floor Angel



2 × 10

rest 30 s

Keep the lower back and the arms on the floor as you slide

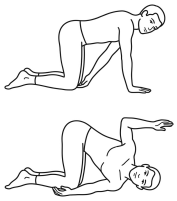
3 Quadruped Thoracic Rotation



2 × 8

each side · rest 30 s

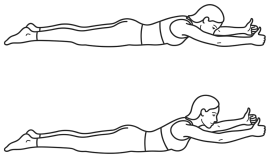
4 Thread the Needle Pose



2 × 30 s

each side · rest 15 s

5 Prone Y Raise

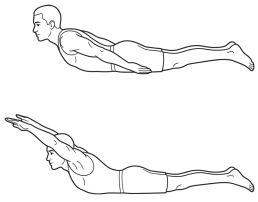


2 × 8

rest 30 s

Thumbs up, lift from the shoulder blades, small and slow

6 Reverse Snow Angel



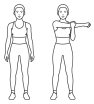
2 × 8

rest 30 s

COOL DOWN

Once through, at an easy pace

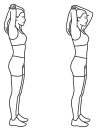
Cross-Body Shoulder Stretch



30 s

each side

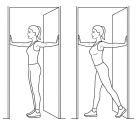
Overhead Triceps Stretch



30 s

each side

Doorway Chest Stretch



45 s

Puppy Pose



45 s