

# Upper-Body Warm-up

No equipment needed. An upper-body routine targeting the shoulders, arms, chest, and back. For anyone needing regular shoulder mobility and scapular stability. Complete one round, resting 10 seconds between movements.

**TIME**  
5 minutes

**EQUIPMENT**  
None

1

## Plank Up-Down

30 SECONDS

- Start in push-up position
- Move to forearm plank, then back to start position



2

## Superman

30 SECONDS

- Keep arms and legs straight
- Extend trunk to lift limbs high



3

## Plank with Straight-Arm Reach

30 SECONDS

- Start in push-up position
- Alternate reaching one arm out



4

## Quadruped Thoracic Rotation

30 SEC EACH SIDE

- Rotate elbow to ceiling
- Keep hips and low back still



5

## Rotational Side Plank

30 SECONDS

- Rotate from side to side
- Keep hips high throughout



6

## Quadruped Reach

30 SECONDS

- Reach opposite arm and leg
- Keep back flat and still



7

## BW Arm-Extension Push-up

30 SECONDS

- Extend arms at bottom of push-up



8

## Wall Angel

30 SECONDS

- Press arms back against wall
- Reach arms up and down

