

FOLLOW ALONG  
**CLIMBERS MOBILITY**  
ROUTINE

MOVEMENT	REPS
1. Wrist Circles	10 reps per direction
2. Fist Circles	10 reps per direction
3. Novel Wrist Extensions	10 reps
4. Novel Wrist Flexions	10 reps
5. Wrist Clock Walks	5 reps
6. Support Elbow Rotations	10 reps
7. German Sit	30 secs
8. Table Top Extensions	5 reps
9. Support To Downward Dog	10 reps
10. Kneeling Butchers Block	30 secs
11. Cat Stretch	20 secs
12. Hip Swivels	5 reps per side
13. 90:90 Contrast PNF	3 reps (5 sec) per side
14. Butterfly Hovers	5 reps
15. Frog Pose Rocks	5 reps
16. Half Middle Split Rocks	5 reps per side
17. Standing Pancake Stretch	30 secs
18. Pike Rotations	5 reps per side
19. Standing Pike Stretch	20 secs
20. Upward Dog	20 secs