

Set pause: 0

## **SUPERSET**

**Wrist Lean (fingers towards body)**

**Wrist Lean (back of hand fingers towards body)**

**Supine shoulder extension**

**Seal Stretch**

**Reach Underneath**

**Supine trap stretch**

**Capsule stretch (boh shoulders)**

**Elevated catch stretch**

**Standing Pike**

**Passive relaxed Hang**

1

90s repetitions