



CARs Routine: 10 each side & each direction

Neck

Pretend there is a pen attached to your forehead and draw a big circle with it. Right ear to right shoulder and left ear to left shoulder. Repeat same cycle but now pretend the pen is attached to your chin.

Shoulders

Start with palm at your hip, thumb facing forward and palm facing up. Take your arm up, rotating from the shoulder and stop when you reach your first roadblock. When you reach the roadblock, externally rotate your hand and try to point the pinky finger forward. Repeat the same thing backwards-pinky forward to roadblock and then rotate thumb forward.

Wrists

Elbows glued to sides, internal and external circles. (all the corners of a circle)

Spine

Cat/Cow, try to go slow and really segment the spine. Additionally, from kneeling position, open arms to a "T"

Hips

With one hand on the wall, lift opposite knee as high as possible. Rotate to the side as far as you can. Then lead with heel to finish the circle. Get as much movement out of the hip as possible.

Ankles

Stand with back against the wall. Internal and external circles. (all the corners of a circle)