

STANDING WALL REACHES

FOUNDATIONAL MOVEMENT: Shoulder and upper-back control (improves posture and shoulder mobility)

- **WHAT SHOULD BE STABLE?** Core, ribs, and hips stay steady.
- **WHAT SHOULD BE MOBILE?** Shoulders and upper back.

EQUIPMENT: N/A; just a wall

POSITION: Stand facing a wall, about six inches away. Place your palms flat on the wall at shoulder height and shoulder-width apart. Stand tall with a small bend in your knees.

START:

1. Inhale to get ready and feel your ribs expand without lifting your shoulders.
2. Keep your weight even in both feet and your chest open.

MOVEMENT:

3. Exhale and press your hands gently into the wall.
4. Slowly slide your hands up the wall until you feel your upper back muscles start to work. Stop before your shoulders shrug toward your ears.
5. Hold for one second at the top, inhale to reset.
6. Exhale as you slowly slide your hands back down to the starting position.

RETURN:

7. Relax your arms and shoulders completely. That is one rep.
8. Repeat 5-8 times.

TRAINER TIPS/CUES:

- Move slowly and focus on keeping your neck relaxed.
- Keep your ribs down and avoid arching your lower back.
- You should feel a light activation between your shoulder blades, not strain in your neck or arms.

REGRESSIONS: *Do this seated against a wall. Focus on breathing and light pressure into the wall without sliding your arms.*

PROGRESSIONS: *Add a small towel between your forearms and the wall to create gentle resistance.*