

HELP WITH OSBTACLE COURSE TRAINING: MOBILITY BEYOND MYRTL'S EARNED RUNS 2019 SUMMER CHALLENGE VI BUILDS UPPER AND LOWER BODY STRENGTH.

Those planning to take on this exercise might consider boosting strength improvements with mobility work.

My good friend Clare, an avid and excellent tennis player, had made me aware of the importance of shoulder girdle mobility in activities that utilize the upper body about a year ago. Those planning to test themselves by following an Obstacle Course Training plan might wish to use a mobility routine as part of their warm-up sessions.

MYRTL'S (physical therapy slang for movements that help with mobility of the hip girdle) work to mobilize the hip joints, so it was wonderful to find shoulder moves that Clare demonstrated she used to prepare for tennis in an article by [Gabrielle Kassel for SHAPE.com](#). The article's title highlights how a length of PVC pipe will serve as equipment and describes how a broomstick can be substituted, just as Clare had told me could be used for the "1. PVC Pass Through" and "2. Figure 8" exercises.

The number 3, 4, 5, and 6 stretches make this mobility routine one that assists with working the shoulder as well as the wrists, posterior chain, hips, ankles, and full-body.

Whether or not the obstacle course training is on your summer exercise calendar, consider this routine or other shoulder and upper and lower body stretches (see links below) for improving overall fitness.

RUN & MOVE HAPPY!

<https://www.shape.com/fitness/tips/pvc-pipe-mobility-exercises>

<https://gmb.io/shoulder-mobility/>

6 Stretches:

- Quadruped shoulder circles
- L-arm stretch
- Prone bent arm chest stretches
- Tall kneeling arm raises
- Tall kneeling arm raise to the side
- Clasped hands extension

<https://www.orthoinfo.org/en/recovery/?bodyPart=Shoulder>

https://www.orthoinfo.org/globalassets/pdfs/2017-rehab_shoulder.pdf

5 Stretches + 13 strengthening exercises

<https://aaptiv.com/magazine/stretch-to-improve-strength-training>

<https://aaptiv.com/magazine/shoulder-mobility-stretches>

<https://www.shape.com/fitness/videos/charlee-atkins-upper-back-shoulder-mobility>