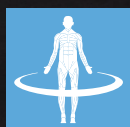


# 12-WEKEN

## MOBILITY TRAINING PROGRAMMA



**MOBILITY  
TRAINING**

**MOVE BETTER  
PERFORM BETTER**

# OEFENINGEN BOVENRUG

W 1-4



Thoracic Spine CARs

W 5-8



Pullover

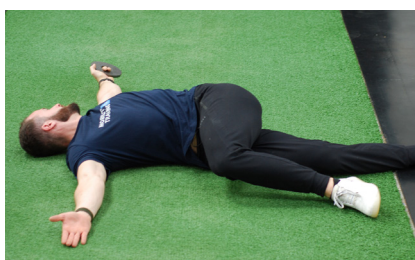
W 9-12



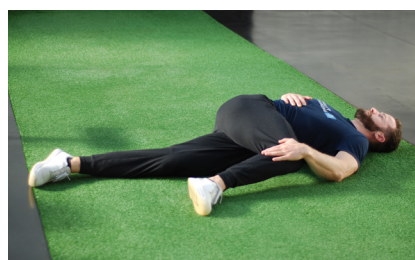
Foamrol Extension



The Jefferson Curl



Side Lying Thoracic Rotations



T-Spine Rotation



The PVC Preacher Stretch



Elbow To Knee Thoracic Rotation



Banded Knee To Elbow



Half Kneeling Thoracic Rotation



Foam Roller Wall Slide



Banded Lat Stretch (Warrior)



**MOBILITY  
TRAINING**

MOVE BETTER  
PERFORM BETTER

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# TESTEN BOVENRUG

## W 1-4

## W 5-8

## W 9-12

Datum:.....

Datum:.....

Datum:.....

**Gemodificeerde Overhead Squat Test**

**Gemodificeerde Overhead Squat Test**

**Gemodificeerde Overhead Squat Test**

Analyse:.....

Analyse:.....

Analyse:.....

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**Wall Thoracic Extension Test**

**Wall Thoracic Extension Test**

**Wall Thoracic Extension Test**

Analyse:.....

Analyse:.....

Analyse:.....

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**Lumbar Locked Rotation Test**

**Lumbar Locked Rotation Test**

**Lumbar Locked Rotation Test**

**Score 1: 45 °**  
**Score 2: 90 °**

**Score 1: 45 °**  
**Score 2: 90 °**

**Score 1: 45 °**  
**Score 2: 90 °**



