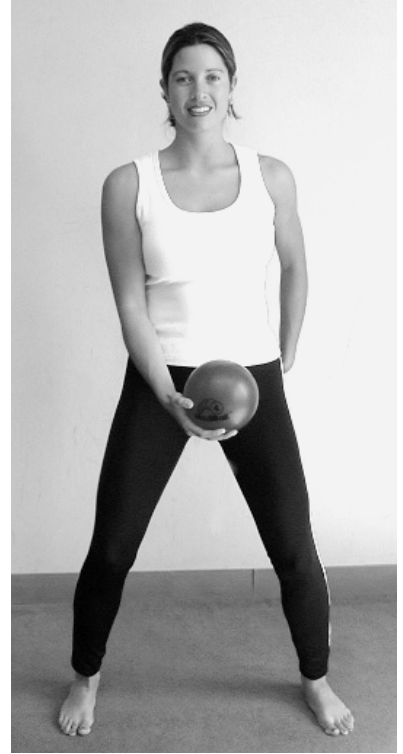


Globetrotter

1. Standing with wide base of support, soft knees and neutral spine, pass the ball from hand to hand around your body. Repeat ___ times. Reverse direction and repeat.

1.



2a.



2b.



2c.



2d.



External Rotation Overhead

2a. Standing with wide base of support, soft knees and neutral spine, start with elbow bent 90° and arm across body.

2b. Externally rotate arm to bring ball out to the side.

2c. As you lift the ball over your head, rotate hand so that palm faces up.

2d. Extend elbow pushing ball towards the ceiling. Reverse pattern to return to starting position.

Repeat ___ times.

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