

Movement Index Module 3: Upper Body

Movement	Timestamp
LESSON 1: BUILDING STRENGTH	
Equipment needed	0:15
Wrist prep	1:57
Loaded wrist flexion	2:15
Wrist hinges for extension	3:22
Wrist hinges on stomach	4:35
Adding shoulder flexion (prep for downward dog or handstand)	5:00
Forearm Flares	5:13
Exploring push-ups	7:14
Posterior Deltoid Raise	8:17
Powell Raise	10:48
Lower trapezius explained	13:00
Lower trap raise	14:01
Quadruped teacups	15:37
Protraction & retraction of the shoulder blade	16:52
Single arm scapular push-up	18:06

Closed-chain scapular CARs	19:13
Banded scapular push-ups	19:57
Scapular push-ups in plank	21:07
Full push-up	22:08
The "Synchro Swimmer"	22:59
Side-lying shoulder rotation	25:16
Fixed-elbow rotation	27:30
Cuban rotations	28:50
Pulling strength Banded pull-aparts Three-point bent over row Incline push-up Partner tug-of-war	30:41 31:00 32:42 33:56 35:42
Overhead block press and teacup drill	37:16
Swirling teacups	39:12
Downward dog with scapular movement	40:03
Overhead push-ups	41:26
LESSON 2: ARM BALANCES	
Equipment needed	0:18
Crow pose explained	0:25
Knee-pulls with ball	2:26
Single arm proprioception	3:16

Supine crow pose	5:06
Seated crow pose	7:05
Travelling crow pose	8:50
Using a “progressions” approach	10:00
Eccentric paused push-ups	11:00
Crow pose	12:03
LESSON 3: BACKBENDS	
Equipment needed	0:30
Releasing chronic abdominal tension with squish ball	0:59
Rib cage translations	2:10
Flexion and extension of thoracic spine Using a theraband	4:01 5:03
Prone swimmers	6:00
Bridge pose using a chair	7:43
Prone hip extension	9:40
Prone leg curl (hip extension and knee flexion)	10:20
Active bow pose prep	10:34
Kneeling lean-backs	11:46
Prone hip extension and leg curls with ball under pelvis	13:02
Couch stretch	14:31
Upward facing bow (dhanurasana)	17:00

Prep for camel pose (pulling strength for thoracic engagement)	18:04
Modified sissy squat	20:17
Diagonal stretch	21:26
Wheel pose	24:00
LESSON 4: INVERSIONS	
Equipment needed	0:18
Overhead range of motion - shoulder dislocates (inversion component #1)	1:14
Block hovers - shoulder flexion	3:00
Floating quadruped pelvic tilts (inversion component #2)	5:09
Reverse tabletop pelvic tilts	6:07
Proximal stability (inversion component #3)	7:35
Wall walk-up	8:38
Hollow body hold	10:12
Supine handstand	11:50
Face-to-wall handstand	12:51
Heel pulls in handstand	14:45
Heel switches in handstand	16:17
Reason for teaching handstand first in inversions	17:31
Block-supported dolphin pose	19:00
Wall-facing forearm balance	19:30

Prep for teaching headstand	20:22
Supporting tight hamstrings in headstand	23:02