

ROMP Wod

Warmup: Unicycle

Goals

- 2 laps (total) around the area at the base of the stage, in either a circle or a figure eight on the 20" wheel.

Notes

- At least 3 attempts at a free mount every time mounting is necessary, before using a wall assist.
- Remember to plug in yantor3d's lights before riding, and unplug again before storing the uni! <https://www.instructables.com/DIY-3D-Printed-Rechargeable-Bike-Wheel-Lights>

Upper Trapezius Release

[1]

Purpose

Tension release for upper traps

Technique

Sit in front of a wall with a peanut or lacrosse ball placed at your upper trap

Move your head from side to side and rotate it side to side.

Sets & Reps

10 reps, each side, each action.

Modifications

Increased pressure via moving bottom away from wall, or by laying on your back with knees bent and hips slightly lifted off floor.

Thoracic Mobilization

[1]

Purpose

Release tension in upper back

Technique

Place a peanut between your mid back and the wall, with feet slightly in front of you. Perform slow mini-squats to move the peanut up and down your back.

Sets & Reps

Just run it up and down as needed for release.

Scapular Circles

[1]

Purpose

To improve shoulder blade mobility

Technique

Sitting or standing upright, bring shoulders forward, then shrug upward and more center, then back and down, then back to the starting position.

Repeat in the opposite direction.

Sets & Reps

10 circles each direction

Seated Twists

[1]

Purpose

Activate upper back and reset postural muscles

Technique

Sitting cross legged, cross your arms over your chest and gently rotate your shoulders, head and torso to one side as far as possible. Avoid shifting to the side when twisting.

Maintain this position for 3-5 seconds (one long exhale) then return to center.

Repeat the twist in the opposite direction. Make sure your hips stay grounded.

Sets and Reps

10 twists in each direction

Door Partial Hang

Purpose

To stretch the shoulders, pecs, and spine

Technique

While holding the top of the doorframe/trim, bend knees, putting some weight in the arms, allowing the body to stretch. (be careful to do this in a doorway that can support your weight!)

Reps/Sets

One hang for 5 seconds

Median Nerve Glide

[1]

Purpose

To decrease median nerve tension

Technique

Start with your elbow bent and your wrist back as if holding a tray. Straighten your elbow, moving your hand slightly down and behind you, then return to the starting position.

The goal is to feel a mild to moderate stretching sensation in your hand, forearm, or upper arm.

The stretching sensation will increase as your arm straightens, but only extend your elbow as far as it takes to feel that slight stretch, don't push. This is a nerve glide, not a muscle stretch.

Sets and Reps

10 reps per side

Serratus Pushes

[1]

Purpose

To improve scapular protraction and retraction range of motion

Technique

Lay on back holding a foam roller or dowel above you, in line with your shoulders.

Press the roller up towards the ceiling by lifting the back of your shoulders off the ground. Then slowly lower your shoulders back towards the ground with control, ending with the backs of your shoulders against the floor.

Sets and Reps

10 reps

Feeling Your Schpeen/ Rolling out the back

Purpose

To get the upper back to release

Technique

Reps/Sets

Until this feels right

Ulnar Nerve Glide

[1]

Purpose

To release Tension from the ulnar nerve

Technique

Start with your elbow straight and wrist neutral, with your hand making an “okay” sign. Bend your elbow and your wrist back towards your face with your palm facing away from you, as if you were aiming to place the palm of your hand on your face. Reverse the movement back to the starting position.

The goal of this drill is to feel a mild to moderate stretching sensation in your hand, forearm, or upper arm. This stretching sensation will increase as your arm bends, so only bend your elbow as far as it takes to feel the slight stretch. Don’t push beyond that.

Sets and Reps

10 reps each side

Straddle

..you know what you’re doing here

Hanging Over

[2]

Purpose

Waking up the spine

Technique

It’s a fold over, take it slowly.

Reps/Sets

Just one typically will do it.

Walk the Downward Dog

Purpose

Stretch the wrists and achillese tendons

Technique

Start on both feet, hanging over. Place both hands on floor as close to the body as possible. Lean into the wrists slowly, careful not to overbalance. Lean back into the ankles slowly. Take two “steps” forward with the hands, so they continue to be in line with each other. Repeat the leans. Move

hands forward again. Repeat the sequence until leaning back isn't possible. Move on to any move that begins from the downward dog like position you're now in.

Sets & Reps

Do this sequence only once. But lean back and forth as many times as feels right for the stretches involved.

Wrist Warm Up

Purpose

To finish warming up the wrists at all angles

Technique

From kneeling, place hands flat on the ground on either side of the knees. Lean weight to each side, then take "steps" with each hand, rotating the angle of the hand slightly more outward with each step, until the hands are pointed towards/behind you. Then walk them back to forward. Lightly put weight into the hands with the top of the hands touching the floor as well. "Be Like Bear" - Pavel Karima

Reps/Sets

As many as needed to feel warm in the wrists

Shoulder Into Floor Stretch

Purpose

Stretching the shoulders and upper back.

Technique

Laying on the floor, lift one knee up and too the side, with the knee bent. Extend the opposite arm in front of you. Shift the shoulders back and forth while maintaining that forward reach, cram your open armpit into the floor as much as possible.

Switch knee and arm.

Reps/Sets

One on each side, as many back and forths as feels reasonable.

Thoracic Rotation

[1]

Purpose

To improve upper back rotation and postural control

Technique

Start in a child's pose, sitting back on your heels. Keep equal weight on each sits bone throughout the entire exercise to avoid shifting to one side.

Place one forearm on the ground in front of you and gently push into the ground to create length through the stabilizing shoulder. Maintaining this press, gently twist to the side by engaging the muscles between your shoulder blade and your spine.

Don't let your bottom come off of your heels. Hold the end position for 2-3 seconds before returning to the starting position.

Sets & Reps

10 reps each side

Lizard

an exploration

Purpose

Exploring low, slinking movements, like a lizard

Technique

EXPLORE!

Sets & Reps

Move through this till it feels like you're done.

Crab/Table

[3]

Purpose

Open up the chest, and stretch the muscles involved in reaching the arms behind you.

Technique

From seated, set your feet on the floor in front of you. With the shoulders rotated out, place your hands on the floor slightly behind you. Press into the feet and hands, and lift the hips and press up, reaching a table position.

Advanced: The crab press - Lift the hips up and then down to the floor.

The crab crawl - Move forward and backwards while keeping your torso facing towards the sky/ceiling. Can be done with the hips high or mid-height.

The crawl switch - Move from a crawl on hands and feet to the crab position, back and forth.

Reps/Sets

5 crab presses 5 crab crawl steps forward, 5 steps back 5 crawl switches

George Carl Walk Explorations

[4]

Horse Stance

[5]

Purpose

Hip work, specifically prepping for basing things like two high

Technique

Reps and Sets

Roll Back Roll Up (Pratfall)

[6]

Purpose

To practice the range of motion of the backwards roll, while also warming up the back and neck, as well as the squat

Technique

Starting from standing, lower the body through a deep squat, then lower butt to floor and roll back, using a light push from the legs, rolling until in a pike (or straddle), resting the body on the shoulders (and slightly on the

neck, but be careful with how much pressure ends up there). Then roll back down to the floor, place the feet on the ground near the butt and engage through a squat to standing. While this is simple to describe, it is difficult to find the exact levers that make this possible.

Reps and Sets

5 each of the following variations Wide/horse stance squat to a straddle while on shoulders Narrow/sissy squat to a pike while on shoulders Standard squat to a pike while on shoulders.

Foam Roller Pec Stretch

[1]

Purpose

Gently stretch pec muscles while working on shoulder motion.

Technique

Lie on a foam roller with the roller supporting you from head to tailbone.

With bent elbows, gently squeeze your shoulder blade muscles together to bring your forearms towards the ground and open your chest.

Maintaining that engagement, slowly bring your arms overhead as far as comfortable, as if you were making a snow angel.

Sets and Reps

10 reps

Randomized Handstands

Purpose

To work various combinations of entrances, shapes, and exits from the handstand

Technique

Using a pseudo randomizer, select a handstand entrance, a sequence of handstand shapes, and an exit.

Sets and Reps

Roll up 5 handstands, each with 2 shapes (3 shapes total, when it's considered that entrances are to a given shape). Each handstand should be

attempted until either the sequence is completed, or until 5 attempts have been made. Note where struggles happened.

Bibliography

- [1] J. Crane and S. Mosser, "Post-Operative Top Surgery Rehab Protocol." Dec. 2023.
- [2] D. Poznic, Master Class - Hanging Over.
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- [4] J. Hash and T. Hash, How Duck Walks Massively Change the Human Body, (Oct. 25, 2025).
- [5] J. Hash and T. Hash, The Ancient Exercise that Heals your Hips (Why and How), (Oct. 01, 2025).
- [6] J. Hash and T. Hash, Heal Shoulder, Hip & Back Pain Permanently (5 Simple Steps), (Aug. 27, 2025).