

MOBILITY FLOW

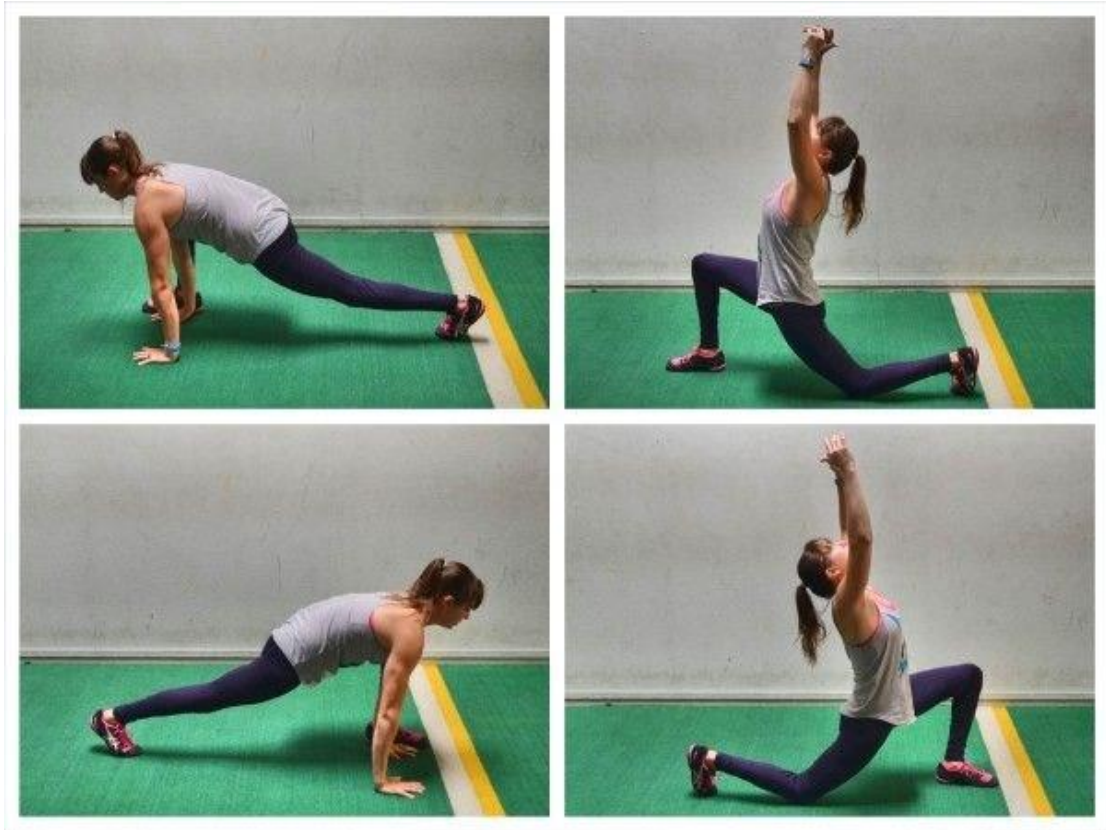


Spidermans

Targets: Hip, Hamstring and Upper Back

- Complete 10-12 reps
- Complete 10-12 reps on other side
- Start slow , 'pause in stretch' and build pace of movement

MOBILITY FLOW



Lunge into Hip Flexor

Targets: Hamstring, Inside Leg, Glutes and Hips

- Complete 10-12 reps
- Complete 10-12 reps on other side
- Start slow , 'pause in stretch' and build pace of movement

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Wide Squat to Hamstring

Targets: Groin and Hamstring

- Complete 10-12 reps
- Start slow , 'pause in stretch' and build pace of movement

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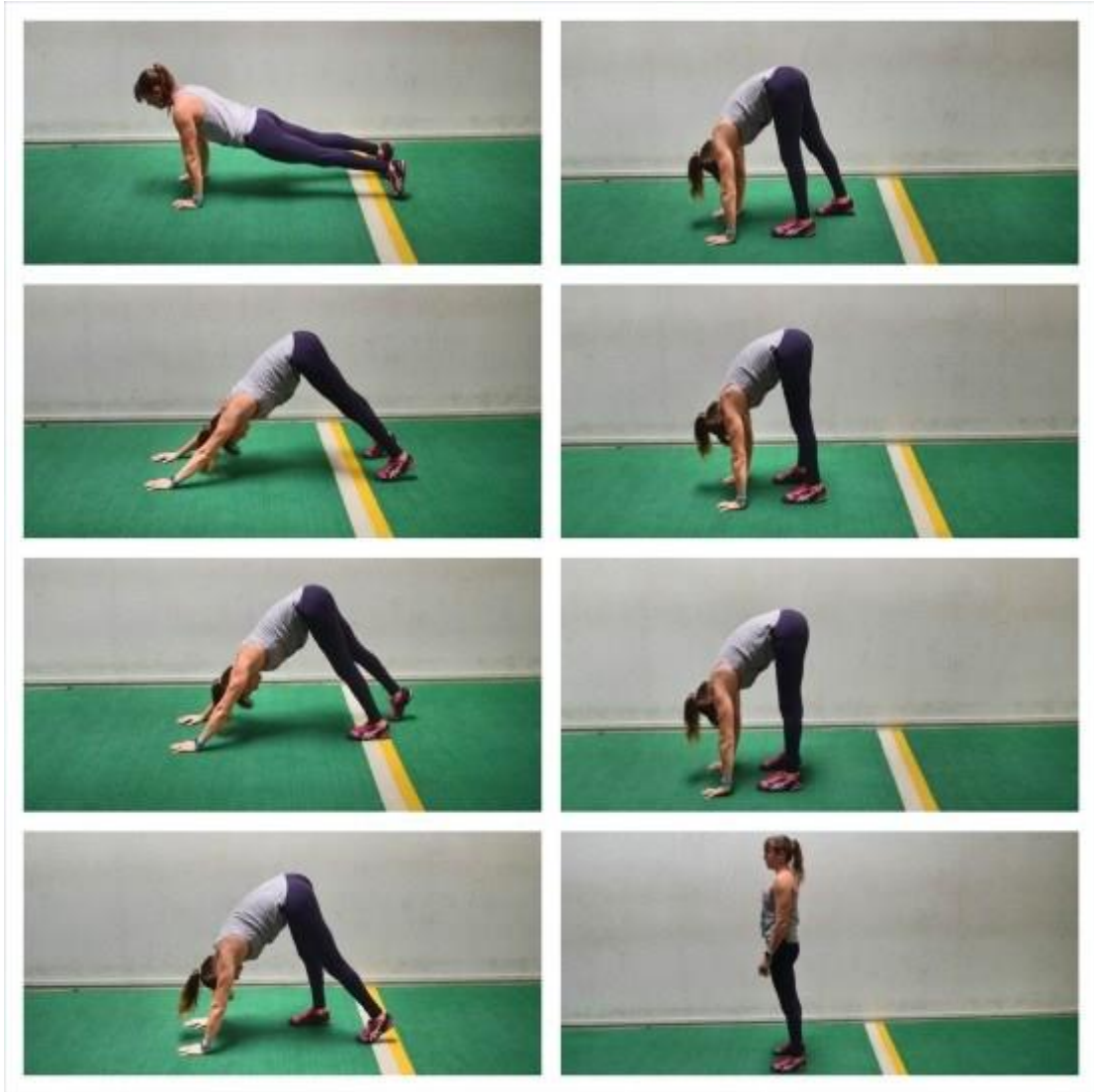


Side to side lunge

Targets: Groin, Hips

- Complete 10-12 reps
- Keep head level as you travel across, rather than up and down.
- Start slow , 'pause in stretch' and build pace of movement

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Inchworm

Targets: Hamstring, Calf, Upper back

- Complete 10-12 reps
- Start slow , 'pause in stretch' and build pace of movement

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Down dog to Up Dog

- Complete 10-12 reps
- Start slow , 'pause in stretch' and build pace of movement

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Thoracic Bridge

Targets: Hips and Upper back

- Complete 10-12 reps by reaching over with opposite hand
- Start slow , 'pause in stretch' and build pace of movement
- Repeat on other side