

# Flexibility/ Mobility

Static Stretch- Hold Each stretch for 20 seconds				Dynamic Flexibility- 10 reps each			
Calf	1. Calf stretch against wall	Groin	1. Butterfly	Calf	Toe raises	Back	Scorpions
	2. Rocking Calf stretch		2. Saigon Squat		Toe Raises In/Middle/Out		Iron Cross
Hamstring	1. Standing Toe Touch	Glute	3. Hockey Stretch	Hamstring	Scoops		Trunk Twist
	2. Strap Hamstring Stretch		1. Figure 4		Frankies		Cradle Rock
	3. R over L/ L over R		2. 90/90 Stretch	Glute	Inchworm	Shoulders	Windmills
Quads	4. Sitting Toe touch	Hip Flexor	3. Knee Hug and Across		Cradle Walks		Around the World
	1. Standing Quad Pull		1. Kneeling Hip Flexor Stretch	Quad	Walking Knee Hugs		Arm Circles
	2. Lying side Quad Stretch	Pec	2. Supine Hip Flexor		Walking Quad Pull		Hug Slaps
Back	3. Hurdle Stretch		1. 90 Degree Pec Stretch		Quad Pull to Floor Touch	Hip Flexor	IYT's
	1. Cobra Stretch	Shoulder	2. 45 Degree Pec Stretch	Groin	Spiderman		Kneeling Adductor
	2. Childs Pose		1. Arm Crossovers		Groin Lean		Rocking Hockey Stretch
	3. Downward Dog/ Upward Dog		2. Arm Pull Overhead		Hurdle Walk		Lunge and Lean
	4. Rack Lat Stretch		3. Sleeper Stretch				

Mobility	
Ankle Mobility x10 each	<b>Rocking Ankle-</b> from pushup position put one foot on top of other ankle and rock back and forth
	<b>Knee to wall-</b> Start with foot away from wall and bring knee to wall while keeping heel on ground
	<b>Ankle Rolls-</b> Roll ankle in a full circle to the left and then to the right
Hip Mobility x10 each	<b>Forward &amp; diagonal 1/2 kneeling-</b> From the 1/2 kneeling position push hips forward and then back. For diagonal bring leg 45 degrees out and push hips forward and back
	<b>Knee Circles-</b> Start on all fours and pick up one knee and make circles forward and backwards. Keep back and hips flat
	<b>Lying external rotation-</b> Lying on back with knees up, drop one leg to side and then drop the other
Shoulder Mobility x10 each	<b>Wall Slides-</b> Slide hands up and down against wall while keeping shoulders and wrists in contact with wall
	<b>Band Over and Back-</b> Grab a band and extend it and bring the band behind your head and then in front
	<b>Lying Windmills-</b> Lying on side, point bottom arm straight in front of you. With the top arm rotate your arm in a big circle
Spine Mobility x10 each	<b>Knee Rolls-</b> Lie on back with knees up, arms out, and palms up. Rotate lower body and drop both knees to one side
	<b>Cat/Camel-</b> Start on all fours. Arch lower back and then raise shoulders towards ceiling and round spine
	<b>Sprinkler-</b> Start on all fours. Place hand behind head and bring elbow to opposite hand. Then Rotate and open up as far as you can

Band Stretch x 20 seconds	TRX Stretch
Calf	Chest Airplanes
Hamstring	Upper Back
Figure 4	Shoulder Stretch
Quad Pull	Hip Hinge
Groin	Stranding figure 4
Hip Crossover	Calf Stretch
Hip Flexor	Lower Back W/ Rotation
Band Wall Hip Stretch	Kneeling Quad Stretch
	Hip Flexor
Roller Series x 8 passes	
Calf	
Hamstring	
Glute	
Low Back	
Upper Back	
Quads	
IT Band	
Groin	
Hip Flexor	
Shoulder	
Lat	
Pec	