

Mobility

Leg Swings x 10 E/Leg - S/S - B/F

Hiplift Cross Op Reach x 5 E/Side

Kneeling Lunge x 5 E/Leg

Cobra to Down Dog x 10

Shoulder Dislocators x 8

Kneeling Hip Stretch + Rotation x 5
E/Side

Deep Squat – Reach x 5 E/Side

Wall V stretch – As long as possible