

MOBILITY WORK: (OR ACTIVATION EXERCISES)

JOINTS IN THE BODY REQUIRE EITHER MOBILITY (THEY NEED MOTION) OR STABILITY (THEY REQUIRE STRENGTH TRAINING). USING A JOINT BY JOINT APPROACH, IN THIS PHASE, WE WILL FOCUS ON MOBILITY IN THE ANKLE, HIP AND THORACIC SPINE AS FOLLOWS:

ANKLE - MOBILITY

KNEE - STABILITY

HIP - MOBILITY

LUMBAR SPINE - STABILITY

THORACIC SPINE - MOBILITY

SHOULDER/UPPER BODY - STABILITY/MOBILITY **

PERFORM AS DEMONSTRATED AND BREATH 1:2 RATIO.

EXAMPLE: IN FOR 3 COUNT OUT FOR 6 COUNT

- 1. T SPINE (1. FOAM ROLL, 2. TENNIS BALLS, 3. QUADRUPED MOBILIZATION - 10-15/ SIDE)**
- 2. ANKLE (1. WALL ANKLE ROCK - 5 IN/OUT/STRAIGHT 2. WALL LEG SWINGS - 10/ SIDE)**
- 3. HIP (10 PER SIDE OF: SPLIT SQUATS, LATERAL SQUATS, SINGLE LEG DL W/ REACH)**
- 4. ***UPPER BODY - FLOOR SLIDES *** ONLY TO THE POINT OF DISCOMFORT, DON'T FORCE IT**

MOBILE JOINTS NEED TO BE ADDRESSED IN THE WARMUP TO COMPLIMENT THE FOAM ROLLING AND STATIC STRETCHING. NOW WE'RE READY TO MOVE FORWARD IN STEP 4: DYNAMIC WARMUP

**“A RIVER CUTS THROUGH ROCK NOT BECAUSE OF IT'S POWER,
BUT BECAUSE OF IT'S PERSISTENCE!”**

Believe in the process!