

FULL BODY MOBILITY ROUTINE

MOVEMENT

1. Neck Circles
2. Thoracic Circles
3. Shoulder Circles
4. Prone Shoulder Dislocates
5. Prone or Kneeling Butchers Block
6. Hindu Push Ups
7. Quadraped Thoracic Rotation
8. Squat To Figure 4 Position
9. 4 Position Lifts
10. Cossack Squats
11. Long Lunge Extensions
12. Good Morning
13. Pike Twists
14. Squat

REPS

- 5 reps per direction
- 5 reps per direction
- 5 reps per direction
- 5 reps
- 30 secs
- 5 reps
- 5 reps per side
- 5 reps per side
- 5 reps per side
- 5 reps per side
- 5 reps + 10 sec per side
- 5 reps
- 5 reps per side
- 30 secs