

FOLLOW ALONG  
**FULL BODY MOBILITY**  
ROUTINE

1. Wrist Circle - 10-15 reps per side



2. Shoulder Rotation - 20 reps



3. Table Top Lift - 5 reps + 20 seconds



4. Downward Dog Walk - 20 reps total



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5. Overhead Lift (Tuck Position) - 3 reps (5 second hold)



6. Downward Dog Press (Shoulder Bias) - 5 reps + 20 seconds



7. Upward Dog - 20 seconds



8. Hip Swivel - 5 reps per side



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9. Pigeon Good Morning - 5 reps + 20 seconds



10. Standing Pancake Good Morning - 5 reps + 20 seconds



11. Hip Flexor Leg Curl - 3 reps (5 second hold)



12. Active Long Lunge - 20 seconds



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ROUTINE

13. Squat To Pike - 5 reps + 20 seconds



14. Camel Pose - 30 seconds

