FULL BODY MOBILITY ROUTINE

1 Wrist Circle - 10-15 reps per side



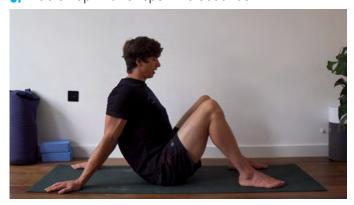


2. Shoulder Rotation - 20 reps





3 Table Top Lift - 5 reps + 20 seconds





4. Downward Dog Walk - 20 reps total





FULL BODY MOBILITY ROUTINE

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





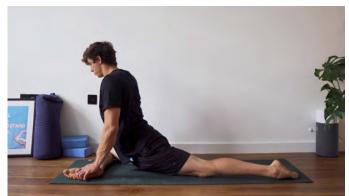
8. Hip Swivel - 5 reps per side





FULL BODY MOBILITY ROUTINE

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





FULL BODY MOBILITY ROUTINE

13. Squat To Pike - 5 reps + 20 seconds





14. Camel Pose - 30 seconds



