

B: 10 MIN FLOOR MOBILITY PRACTICE

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1

2- LEGGED GLUTE BRIDGE	SETS	1	REPS	5	HOLD	
Laying on your back, bend your knees and place your feet flat on the ground, raise your hips up into the air by squeezing your glutes and rolling your hips upwards						



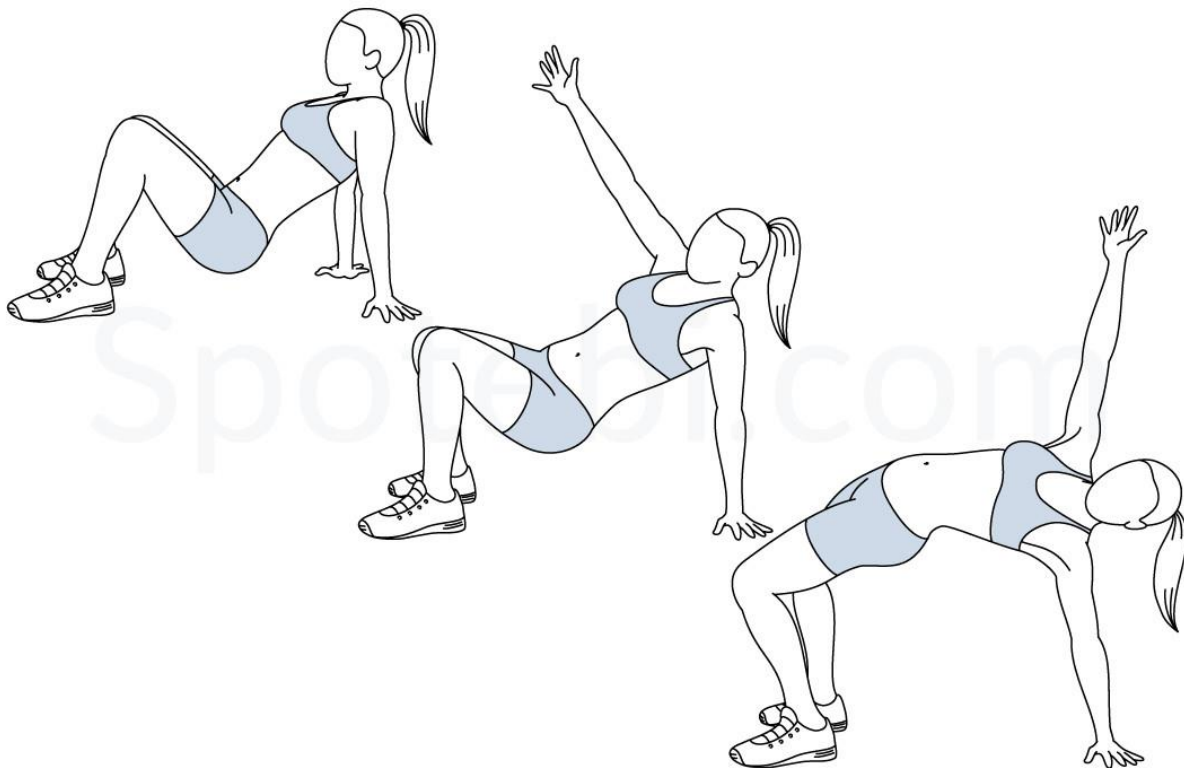
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1 LEGGED GLUTE BRIDGE	SETS	1	REPS	10	HOLD	
Same as the previous but with one leg. The other leg can be straightened. Complete 5 reps per side.						



3

TWIST AND REACH GLUTE BRIDGE	SETS	1	REPS	10	HOLD	
<p>Starts out like the double legged glute bridge but hips stay in the air. With one arm at a time, reach over your head and twist your body stretching or extending your arms out as far as you can. When you're reaching your legs should push you out and to return to active position use your hamstrings to pull you back.</p>						



4

STRADDLE TWISTING PUSH UP	SETS	1	REPS	10	HOLD	
Start by sitting up on the floor, spread your legs apart as wide as possible. Rotate your torso back behind you and do a push up.						



5

FLOOR SWEEPER S	SETS	1	REPS	10	HOLD	
Lay on your back facing up and spread your arms out to your side. Take one leg and sweep it up to your opposite hand.						



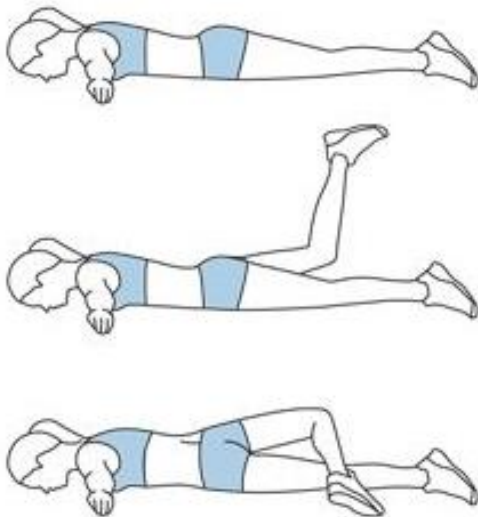
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SCORPIONS	SETS	1	REPS	10-20	HOLD	
Similar to floor sweepers, but start on your stomach facing the floor, arms stretched out to your sides. Reach your leg out, by first going straight out and then drop that leg towards the opposite side and twist and reach. Goal is to eventually reach your foot to your hand.						



7

PRONE TORSO TWIST AND KNEE LIFT	SETS	1	REPS	10-20	HOLD	
<p>Start by laying on your stomach facing down, arms spread out to your sides. Lower body doesn't twist. Start by rotating your upper body. Keep your arms spread out and twist from your torso until your chest goes from face down to face up. Once you get to that position bring your knee up.</p>						



8

THORACIC CAT COW WITH ROTATION	SETS	1	REPS	10-20	HOLD	
<p>Start in a tabletop position, wrist under shoulders knees under hips. Tuck your toes under and push your butt back into your heels. the “cat pose” should look like a cat stretching its back. Release the crown of your head toward the floor, but don't force your chin to your chest. Inhale, coming back into cow pose and then exhale as you return to a cat pose.</p>						



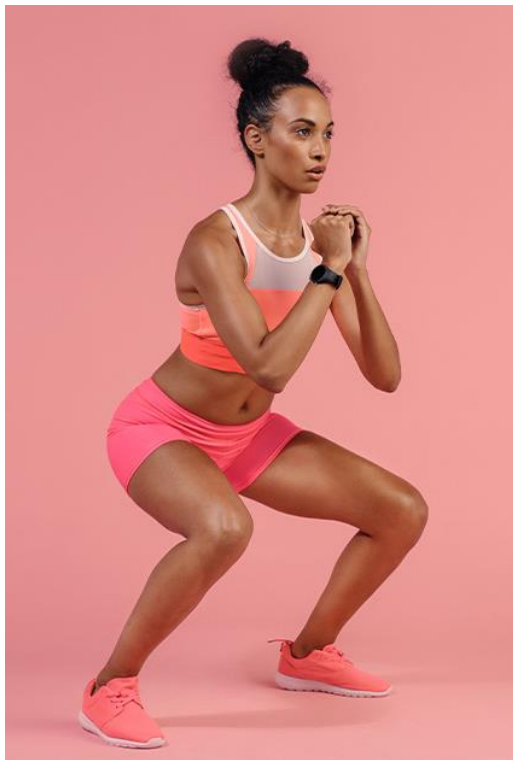
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THORACIC CAT COW WITH ROTATION	SETS	1	REPS	5	HOLD	
Same as last one but this time you move in a horizontal circle as you perform the cat-cow.						



10

TOE TO HEEL SQUAT	SETS	1	REPS	10	HOLD	
Come into a squat position and from here you want to move back and forth transitioning from your feet flat on the floor to being on the balls of your feet.						



ANKLE MOVEMENT



11

SINGLE KNEE DROPS FROM SQUAT	SETS	1	REPS	10-20	HOLD	
Come into a squat position and move up onto the balls of your feet. From here you want to drop one of your knees towards the opposite foot. Repeat the movement.						



12

DOUBLE KNEE DROP FROM SQUAT	SETS	1	REPS	10	HOLD	
<p>Come into a squat position and move up onto the balls of your feet. From here you want to drop both of your knees to the floor, tuck your toes under and rock back into a squat position up on the balls of your feet.</p>						

