

H: MOBILITY PRACTICE

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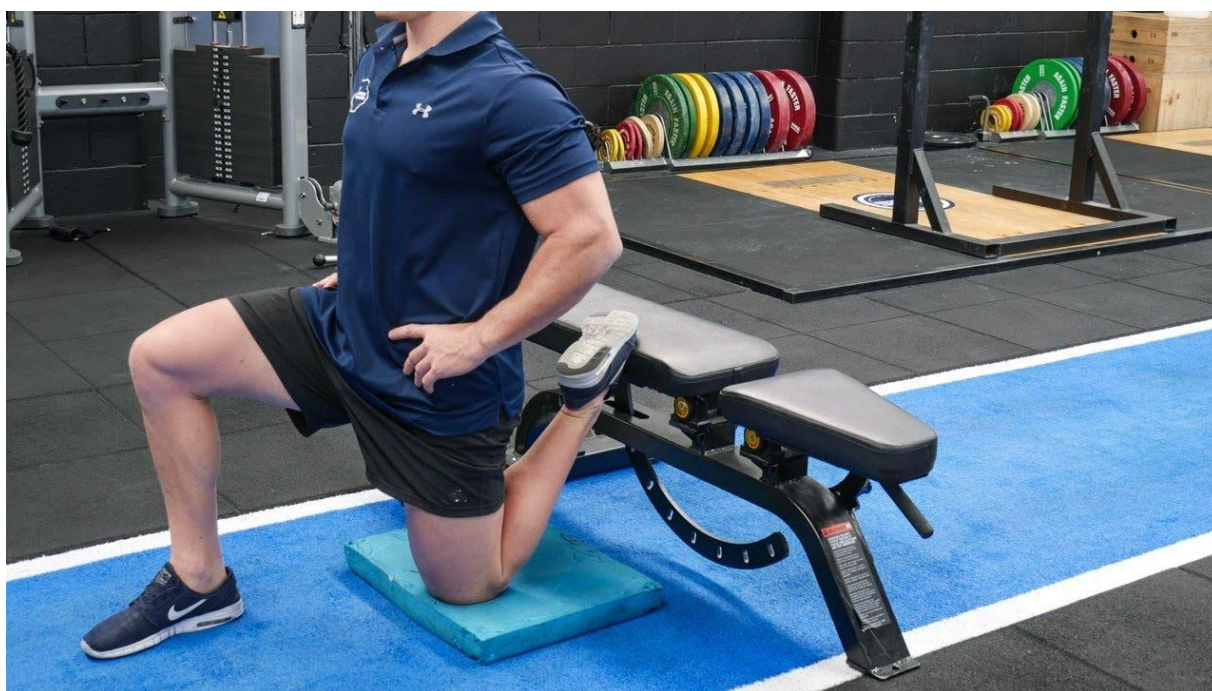
1

DAILY SQUAT PRACTICE	SETS	1	REPS	1	HOLD	10 min
<p>A: Begin by lowering your body into the bottom position of your squat. B: Feet can be in any position that allow you to get all the way down. C: Try to keep your feet straight to allow your ankle to have a full range of motion. D: You may begin with a little roundness in your back but ultimately, we want to work towards a flat back. E: Try to accumulate at least 10 minutes a day in this position.</p>						



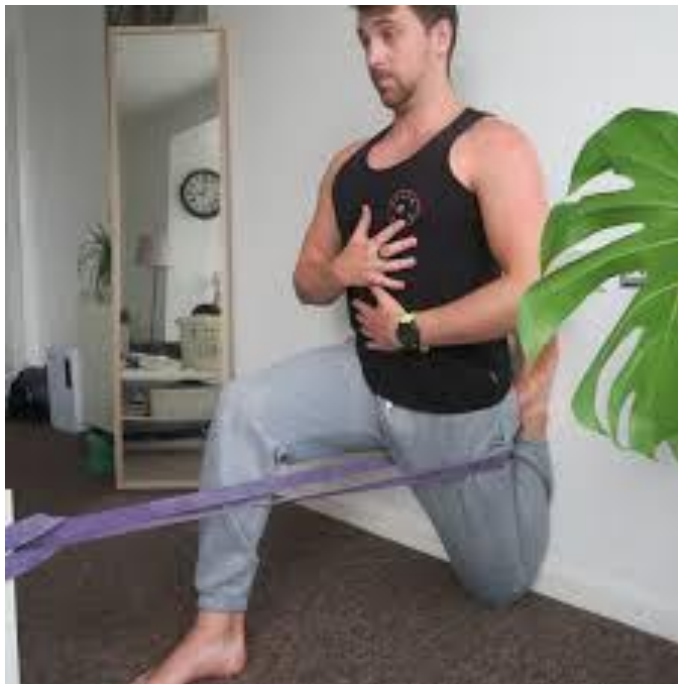
2

SOFA STRETCH	SETS	2	REPS	1	HOLD	5 min
<p>A: Start up against a wall, On all fours, place your knee into the corner where floor meets wall, shin and foot are running up the wall. This might already be enough stretch if mobility is poor</p> <p>B: If possible bring opposite leg up to a high lunge position and try squeezing your glute.</p> <p>C: If you can squeeze the glute, than the next step is to slowly move your activated glute back towards your foot, keeping the back straight and rib cage down.</p> <p>D: You have to be able to breathe in these positions, if breathing gets hard you're too deep.</p>						



3

SOFA STRETCH VARIATIO N WITH BAND	SETS	2	REPS	1	HOLD	5 min
<p>A: Attach one end of a resistance band to a post or piece of equipment and put one of your legs through the other end of the band. Back up until there is enough resistance.</p> <p>B: Bring yourself into a reverse lunge position. Making sure the resistance band is placed in the gluteal fold (the top of your leg and bottom of your butt.)</p> <p>C: Once you have achieved a kneeling position and you can squeeze your glute at an end range position. Slowly and carefully move your back leg in and out of end range position, making “micro movements”</p> <p>D: After a couple minutes in this position you can move around and explore different positions where you might be tight.</p>						



4

PASSIVE HANGING TO ACTIVE HANGING	SETS	2	REPS	1	HOLD	5 min
<p>A: Standing tall, below a pull up bar, raise your arms up and over your head. B: Jump up and grab the bar and try to relax while keeping your body long. C: Bring your chin down to your chest and take five to six breaths D: Bring your head up and activate your lats and shoulders. Stay here for 5 to 6 breaths E: Return to the passive stretch and repeat.</p>						



PASSIVE HANG



ACTIVE HANG

5

LAT FOAM ROLLING	SETS	2	REPS	1	HOLD	5 min
<p>A: Laying on your side, slide a firm foam roller or ball under your body, along the lat muscle.</p> <p>B: Start at the bottom of the lat and put your weight into the roller. Relax and breathe.</p> <p>C: You can make micro movements to check for spots that are sore. If a sore spot is found, hold for deep breathes. In through the nose out through the nose.</p> <p>D: Slowly repeat this as you move the roller up your lat towards your armpit</p>						

1. START



2. ROLL & HOLD



3. SWITCH SIDES

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