

Mobility

Pick 3 exercises from each section below to include in your warm up, check mobility sheet for examples. - [Mobility Development update.docx](#)

Shoulder/T-Spine Mobilisation

1. Shoulder circles-fwds/bwds (x10 each direction)
2. Arms across (x10 each side)
3. Cat/Camel Stretch (x6)
4. Quadruped rotation (x4 each side)
5. 90/90 Shoulder Stretch-open & close book (x4 each side)
6. 90/90 Shoulder Stretch-sweep arms overhead (x4 each side)

Lower Body Mobilisation- Hip Mobility

7. Spiderman Lunge with T spine rotation & elbows on floor (x4 each side)
8. Lunge Stretch with External Rotation (x4 each side)
9. Inchworm x6
10. Glute/Piriformis Stretch (x4 each side)
11. World's Greatest Stretch (x4 each side)
12. Kneeling Quad/Hip Flexor Stretch (x4 each side)
13. Frogger Stretch (x4 each side)
14. Single Leg Frogger (x4 each side)
15. Hip Flexion/Rotation (x10 each side)

Lower Body Mobilisation- Ankle Mobility

16. Ankle Mobility
17. Gastroc/Soleus Wall Stretch
18. Heel Drops
18. Kneeling Anterior Tibialis Stretch
19. Downward Facing Dog

