

## MOBILITY EXERCISE

10.1.2022 - 7.3.2022

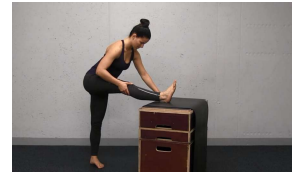
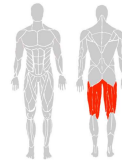
Program 1 | 7 exercises

### Instructions

Remember to warm up at least 5 minutes before starting the mobility exercise.

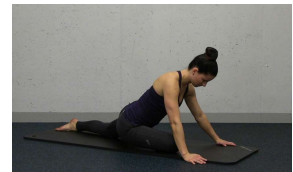
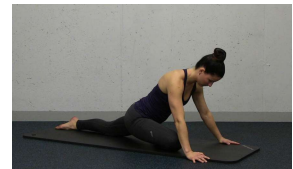
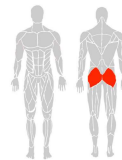
### Raised leg hamstring stretch with hip roll

1. Place the right leg on top of a box/bench with toes pointed up
2. Turn the standing leg's toes inwards and breathe in
3. Turn the stretched leg hip inwards until you feel the stretch at the back of the thigh while breathing out
4. Perform 6-12 repetitions and repeat with the left leg.



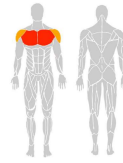
### (Floor) Hip extensor stretch with hip roll

1. Take up a crawl position. Move the left knee forward and turn the lower leg inwards so that the shin rests on the floor. Take the right leg back until you feel a stretch in the left hip extensor. Breathe in.
2. Roll the hip to the left so that you feel a powerful stretch in the outside of your hip extensor and breathe out.
3. Return the hip to its straight position and breathe in.
4. Repeat the exercise with the right leg.



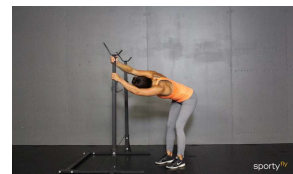
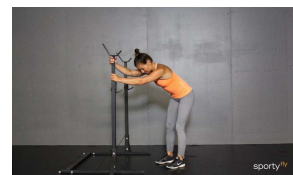
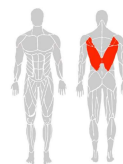
## Chest stretch with upper body twist

1. Stand in front of a wall and place the palms approx. head height with fingers pointed up. The arms are slightly bent.
2. Turn the upper body to the right keeping the left hand on the wall. Continue to turn until you feel the stretch while breathing out
3. Turn the body back to face the wall breathing in and then repeat to the left
4. Perform 6-12 repetitions to both sides



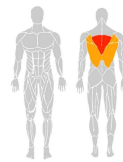
## Standing latissimus dorsi stretch

1. Grasp a bar/rack in front of you.
2. Slightly bend your knees and lean back. Relax your shoulders.
3. Rotate your torso to the side until you feel a stretch on the upper back of the rotating side.
4. Hold the stretch for the time desired and breathe calmly. Repeat the stretch rotating to the other side.



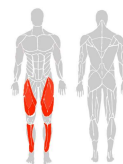
## Scapular adductor stretch; sitting

1. Sitting on the floor with one leg bent grabbing the outer side of its foot with your opposite hand.
2. Exhale relaxing your arm so that your shoulder blade glides to the side and your upper back rounds. Intesify the stretch by straightening your knee and letting your head hang down with your neck relaxed.
3. Inhale to release the stretch by bending your knee and letting your body come up to the starting position.
4. Continue with the rhythm of your breathing.



## Thigh stretch against a wall

1. Kneel on one leg, taking the right knee back so that it's close to the wall and place your shin on the wall with the ankle plantarflexed. The left foot is in front of the body and the firmly on the floor. Breathe in.
2. Push the body backward, moving the knee of the support leg forward until you feel a stretch in the right thigh. Breathe out at the same time.
3. Return to the starting position easing off the stretch while breathing in.



## Half kneeling hip flexor stretch

1. Get into a half kneeling stance, with the shin of the front leg vertical in relation to the floor, and the shin of the rear leg fully against the floor. Breathe in.
2. While breathing out, push your hip toward the floor. Tilt pelvis forward while pushing toward the floor. Tighten the gluteal muscles of the rear leg until you feel the stretch on top of the quad.
3. Get back to the starting position and return the pelvis to its neutral position. Breathe in.
4. Repeat with the other leg.

