

Thoracic

Mobility	Activity
https://youtu.be/bFNR4UiZRlc	https://youtu.be/nof_HTirCN8
<p>Half Moons 2 x 1:30 - 2:00</p> <ul style="list-style-type: none"> • Reach arm across chest • Place LAX ball between shoulder blade & spine • Work ball around the shoulder blade • Switch to other side after 1:30 - 2:00 • Apply enough pressure to feel some light discomfort. • If you feel “knots” spent a little more time on that spot. • Make sure your work all around the shoulder blade 	<p>Aggie Supermans 2 x 60 seconds</p> <ul style="list-style-type: none"> • Lay face down on the floor • Extend arms over head with thumbs up • Hold extended position for 60 seconds before resting, adjust as needed to not break form. • Make sure elbows and knees are locked out • Squeeze glute and shoulder blades. • Arch through the upper back • Chest and thighs need to be off the ground. • Keep ears inline with your arms (chin will rise up)

Ankle

Mobility	Activity
https://youtu.be/fWJCa0PpyiM	https://youtu.be/697Bas4OZPA
<p>Golf Ball Under Foot 2 x 1:30 - 2:00</p> <ul style="list-style-type: none"> • This can be performed sitting or standing • Remove shoes and place LAX or golf ball under foot. • Starting at the heel, begin to apply pressure. • Slowly work the ball around the heel, then move forward your toes. • If you find a “hot spot” spend a little more time on that spot. • Make sure to hit all areas of the foot. 	<p>Elevated Ankle Stretch 2 x 60 seconds</p> <ul style="list-style-type: none"> • Place your foot on an elevated surface. • Begin to lean into your knee towards the floor, creating a stretch in the calf. • Keep heel and toe in contact with box. • Hold the furthest stretching position possible. • Do not bounce during stretch. • Slowly come out of the stretch. • To intensify, add a KB or DB to top of thigh for more pressure.

Front Rack

Mobility	Activity
https://youtu.be/bXaVzRoz3Xk	https://youtu.be/Aisfa3sswnE
Side Lat Roll 2 x 1:30 -2:00 <ul style="list-style-type: none"> • Laying on your side, place foam roller perpendicular and under the shoulder blade • Bending the bottom arm, place hand on your head. • Begin to slowly move roller towards the arm pit and adding pressure as needed. • If you find a “hot spot” spend some extra time there. • Rotate your body towards/away from the floor for some added tissue work. 	Figure 8 External Rotation 2 x 60 seconds <ul style="list-style-type: none"> • Holding the middle of a PVC with your right hand • Bring your right hand to your right shoulder placing the top of the PVC down towards your right hip. • Grab the PVC with left hand and rotating it forward, pointing it in front of the body. • Hold the position, adjusting the grip to tighten up as you settle into the rotation. • Switch sides after 60 seconds

Overhead

Mobility	Activity
https://youtu.be/4tvK5gN9Ekk	https://youtu.be/qHCc3y7KMUQ
Seated Shoulder Stretch 2 x 1:30 -2:00 <ul style="list-style-type: none"> • Starting seated on the floor, legs extended, hands at your hips, and fingers pointing backwards. • Begin to walk your hips away from your hands. • Keeping your palms on the floor and your spine neutral (don't round your lower back). • Work to a position where you feel a stretch in your biceps, and shoulder. • Hold the position with legs extended. 	Seated PVC Hold 2 x 60 seconds <ul style="list-style-type: none"> • With a PVC in hand, sit down with your back and hips on a wall. • Extend your PVC overhead with a normal width grip. • Hold hands, arms, head, spine and hips on the wall. • Squeeze shoulder blades together as you drive the PVC up. • Keep abs engaged, forcing lower back towards the wall.

Hip Extension

Mobility	Activity
https://youtu.be/rqY3bw7jYA4	https://youtu.be/pjmSGNXe0Ao
<p>Elevated Pigeon 2 x 1:30 -2:00</p> <ul style="list-style-type: none"> Place your right foot and rotating the lower leg down towards the box, placing your foot towards your left side. Make sure your hips are square to the box. Keep shin in contact with the box during entire stretch. To intensify the stretch, lean forward and place fore arms on the box or bend the back knee. Focus on deep breathing & “sitting” into the position. 	<p>Glute / Hip Bridge 2 x 60 seconds</p> <ul style="list-style-type: none"> Start off laying in a traditional sit-up position, knees bent and heels close to your hips. Goal is to keep a neutral spine (no flexion or extension) Abs engaged, but don't hold your breath Drive weight through you heels to raise pelvis Squeeze your glutes, while maintaining neutral spine. Move at a steady pace for 60 seconds. Add a band around knees to increase difficulty

Hip Flexion

Mobility	Activity
https://youtu.be/CHk2NqCUVq4	https://youtu.be/BJ9OyXuzAeM
<p>Prone Softball Smash 2 x 1:30 -2:00</p> <ul style="list-style-type: none"> Starting in the prone (face down) position, place softball into the crease of your hip. Take a deep breath and roll the softball up into your upper hips and lower abs. Brace yourself on your forearms and begin to move the softball slowly up and down the mid/ lower abs and upper quad. Rotate towards & away from the floor. Focus on deep breathing. 	<p>Stalders Leg Lifts 2 x 30 seconds</p> <ul style="list-style-type: none"> Begin seated in a straddle position. Place hands between legs around the knee area. Brace your weight into your hand and hips. Flex your quads and point your toes. Begin to raise heels off the floor. Keep control the whole time. Add a plate between your feet for added difficulty