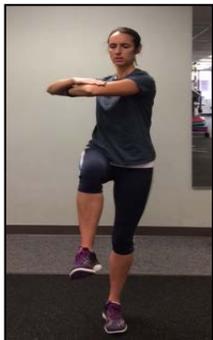


Dynamic Mobility



Standing High Knee Rotations

Stand tall with arms folded at chest height (elbows high). Bring the right knee up high in front of you as you rotate your torso to the right over your thigh. Do not lean backwards and keep the knee pointed forward. March in place rotating over the leg you are lifting, at least 10 times per side.



Alternating Leg Kicks

Stand tall with feet together and then kick your right leg up while reaching towards your toes with the left hand. Return to the start position and repeat on the left side. Alternate for 10 times per side.



Open/Close Gate

Lift your right knee straight in front up to hip height then swing it out to the side 90 degrees and place foot on the ground. Repeat on the opposite leg. Make sure to keep your shoulders facing forward. Repeat 10 times on each side and then reverse the order bringing the right knee out to the side and swinging it towards midline and place foot on the ground. Repeat 10 times on each side.



Backward Lunge with Twist

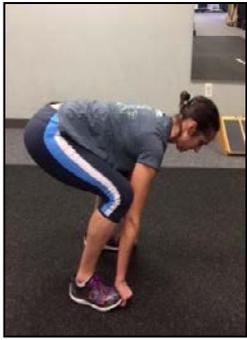
Start with feet together and then step back with right leg into a lunge. Arch back slightly while twisting your trunk over the left leg and reaching your hands to the sky. Push back and out of position to the start position and repeat stepping back with the left leg and reaching up and to the right. Repeat 10 times per side.



Leg Cradle

Stand with back straight, knees soft and arms at sides. Lift your right foot off the ground, contracting glute of the left leg, grab below the right knee with your right hand and under ankle with your left hand and pull right knee up and across body towards your left shoulder until feel a stretch in lateral hip, pause 2-3 counts and then return to start and repeat on the left side. Repeat 5-10 times on each side.





Sumo Squat-to-Stand

Stand tall with feet slightly wider than hip width, bend at the waist and reach down to grab under your toes. Keeping your arms straight and inside your knees, pull hips down until they're between the ankles with your chest lifted up. Then tuck your chin and try to straighten your legs, while maintaining hold of your toes, pause 2-3 counts and then sit back down towards your ankles. Repeat 5-10 times.



Lateral Lunge and Reach

Stand with good posture and step out to the right, keeping toes pointed straight ahead and feet flat. Squat by sitting back and down onto your right leg, keeping left leg straight and weight on the right foot. Squat as low as possible while reaching both hands to the outside of the right foot. Keep your left leg straight and hold the position for 2-3 counts. Return to starting position and repeat 5 times before switching to the left side.



Lunge with Rotation

Stand tall and then reach your hands down to the ground in front of you while keeping your knees as straight as possible. Walk your hands forward out into a plank position and then step the right leg forward to the outside of your right hand. Keep the back leg straight and hands on the ground to the inside on the forward leg. Then reach the right arm

up to the sky, rotating at the trunk and pause 2-3 counts, return hand to the ground. Step back to the plank position and then step the left leg forward and repeat reaching the left arm towards the sky. Alternate 5 times on each side, return to a plank position and then walk your hands towards your feet, keeping the knees as straight as possible. Return to standing.

