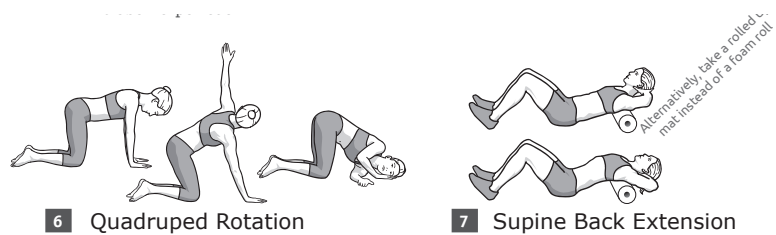
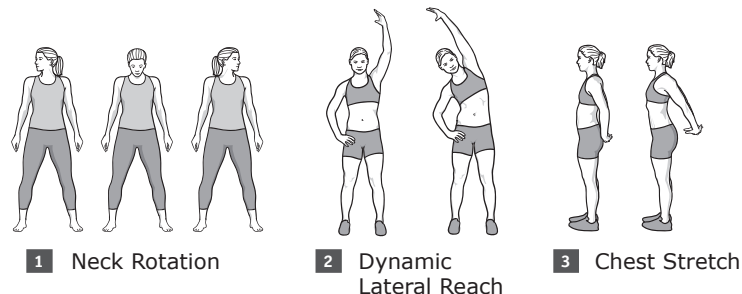
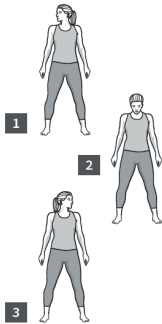


FULL BODY MOBILITY WORKOUT

Total Time 30 min
Equipment Mat, Towel or similar

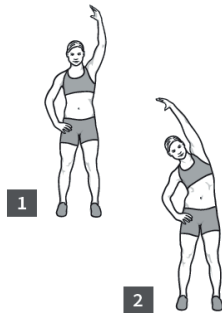
	Exercise	exec.	Reps/Sec	Sets	sides
1	Neck Mobilisation	dyn.	10 Reps	2	
2	Dynamic Lateral Reach	dyn.	45 sec	2	both
3	Chest Stretch	static	45 sec	2	
4	Dynamic Downward Facing Dog	dyn.	45 sec	2	
5	Prone Back Extension	dyn.	15 Reps	2	
6	Quadruped Rotation	dyn.	15 Reps	2	both
7	Supine Back Extension	dyn.	15 Reps	2	
8	Hip Mobility Hurdle Seat	dyn.	20 Reps	2	
9	Half Kneeling Hip Stretch	dyn.	15 Reps	2	both
10	Pigeon	static	60 sec	2	both





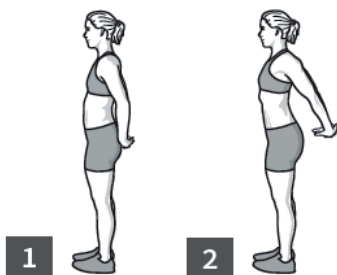
Neck Mobilisation

1. Adopt an upright, hip-wide stance. Make the spine long. Raise the sternum forward and move the shoulder blades gently backward and downward. Turn the head to the right side.
2. With the chin, make a semicircle over the bottom to the left side. The posture remains upright.
3. Look over the left shoulder. From there over below to the right side again.



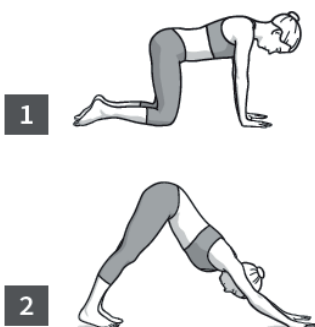
Dynamic Lateral Reach

1. Im hüftbreiten, aufrechten Stand beginnen. Die Wirbelsäule aufrichten und das Gewicht auf beiden Füßen gleichmäßig stabil verteilen. Den linken Arm nach oben strecken. Die rechte Hand in der Hüfte stützen.
2. Die linke Seite noch mal aktiv strecken und den Oberkörper nach rechts neigen. Mehr Gewicht auf den linken Fuß bringen. Die komplette linke Körperraußenseite aufspannen und mit dem Oberkörper leicht in die rechte Seite wippen. Der ganze Körper bleibt gerade nach vorne ausgerichtet.



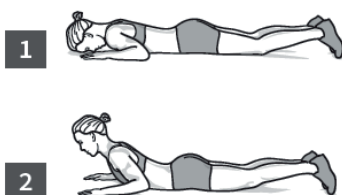
Chest Stretch

1. Im aufrechten, hüftbreiten Stand die Hände hinter dem Rücken greifen. Die Finger ineinander verzahnen. Die Schulterblätter aktiv nach hinten und unten zusammenziehen.
2. Die Arme nach hinten ausstrecken und nach oben anheben. Das Brustbein dabei nach vorne oben anheben. Die Schulter ziehen weiterhin hinten zusammen. Das Gesäß leicht anspannen, um das Becken in einer stabilen Position zu halten. Auf dem Brustmuskel und der Arminnenseite ist Dehnung zu spüren.



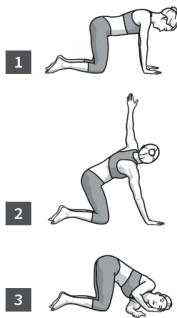
Dynamic Downward Facing Dog

1. Take a hip-wide quadruped position. Hands are below the shoulders. The spine is extended. Stand with your toes behind you.
2. Detach the knees from the mat and lift the buttocks far back and up so that the upper body and legs form an inverted V. The knees are slightly bent. Extend the back and push the sternum towards the knees. With small, springy movements spring the upper body backwards between the arms towards the legs. Relax the neck.



Prone Back Extension

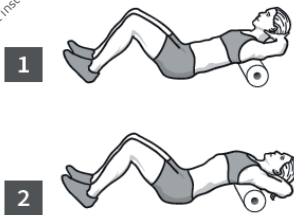
1. Lie on your stomach. Place the forehead on the mat. Bend your arms and place your hands to the side of your temples. The forearms are parallel to each other. Pull the shoulder blades together backwards.
2. Straighten the upper body. Pull the shoulder blades together consciously to the rear. Push the mat backwards with your hands, feeling it, so that the sternum straightens up towards the front. The shoulders move away from the ears. The view remains forward to the Boden gerichtet. Wieder nach unten ablegen und wiederholen.



Quadruped Rotation

1. Take a quadruped position with knees open to the width of the hips. Hands are below the shoulders. The spine is straight and stable.
2. Loosen the left hand and unscrew it with the upper part of the body far to the left. Both arms are stretched out. The view goes upwards.
3. Push the left arm under the right arm until the left shoulder rests on the floor. Lay your head down. Continue to support with your right hand.

Alternatively, take a rolled up mat instead of a foam roll



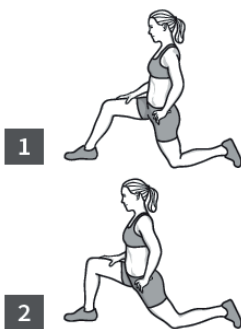
Supine Back Extension

1. In a sitting position, place the roll behind the buttocks at a distance of about 20 to 30 centimetres. Bring the feet up to the buttocks. Place the upper body backwards on the roll. The roll is located below the shoulder blades. Support the head with both hands at the back of the head.
2. Lay back over the roll. The chest widens. The thoracic spine is overstretched. Open the elbows wide and look up. Slowly straighten the upper body. Pull the elbows slightly towards the head.



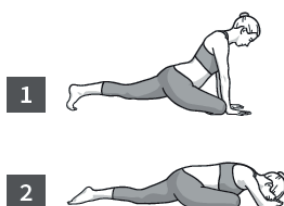
Hip Mobilisation Hurdle Seat

1. Bend your legs in the seat. Stand with your heels shoulderwide towards your buttocks. Straighten the spine. Pull the shoulder blades backwards and actively towards each other. Extend the arms forward.
2. Turn both knees to the right. Bring the left knee to the floor. Keep the spine straight and stable. Lower the knees over the middle to the other side and continue alternately.
Note: Alternatively the hands can be supported behind the buttocks to keep the spine upright.



Half Kneeling Hip Stretch

1. Begin in a kneeling lunge. The back knee is below the hip. The upper body is upright, the spine is long.
2. Push the front knee forward over the toes. The hip moves in front of the supporting knee. The stretch on the left front of the thigh can be felt and becomes even more noticeable when the gluteal muscles are activated.



Pigeon

1. Start at the quadruped position. Pull the right knee forward to the right wrist. Place the right foot on the left side of the mat so that the lower leg rests diagonally. Stretch the left leg backwards. Lay the back of the foot flat. Both hip bones are at the same level.
2. Lay the upper body over the front leg. Rest on the forearms and lay the head relaxed on your hands. The stretch can be felt on the right buttock side.