

MOBILITY MAKER STRENGTH MOVEMENTS



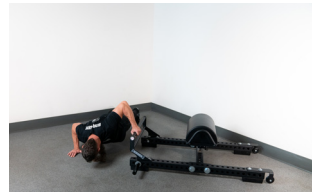
MED BALL TOSS



NORDIC CURL



OBLIQUE CRUNCHES



ONE ARM ELEVATED PUSH-UPS



ONE LEG HANDSTAND PUSH-UPS



REAR ELEVATED SPLIT SQUATS



REVERSE HYPER



SEATED BAND SHOULDER PRESS



SEATED SHOULDER PRESS



SHOULDER SUPPORT DB PRESS



SINGLE LEG BRIDGE



BAND ROWS



BANDED DONKEY KICKS



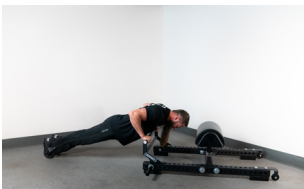
BARBELL HIP THRUSTS



CRUNCH



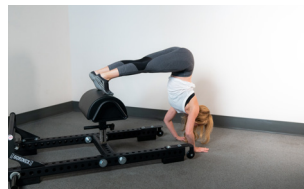
DONKEY KICKS



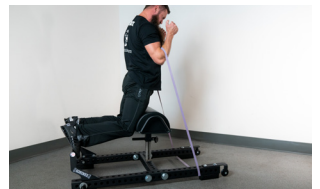
ELEVATED PUSH-UPS



FEET ELEVATED BRIDGE



HANDSTAND PUSH-UPS



HYBRID BANDED GLUTE HAM RAISE



HYBRID GLUTE HAM RAISE WITH PRESS



ISO CORE STABILIZATION WITH REACH



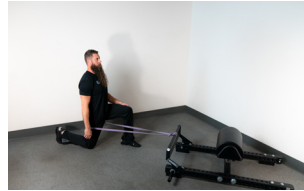
MOBILITY MAKER MOBILITY MOVEMENTS



ADDUCTOR RAISES



ADDUCTOR STRETCH WITH HIP IR ER



BAND DISTRACTION HIP FLEXOR RELEASE



CALF STRETCH SEATED



CALF STRETCH STANDING



DOUBLE LEG HAMSTRING STRETCH



ELEVATED BREATHING BRIDGE



FLYING LOCUST



FLYING PIGEON HIP EXTENSION FOCUS



HIP OPENER WITH PELVIC ALIGNMENT



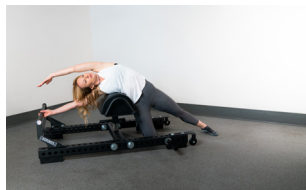
INVERTED YOGA FLOW



LAT STRETCH



LATERAL SIDE STRETCH



LATERAL SIDE STRETCH MODIFIED



PELVIC RESET LUNGE



QUAD & HIP FLEXOR RELEASE



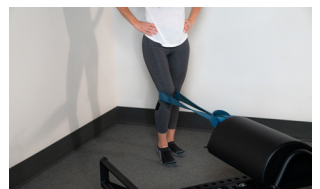
SINGLE LEG HAMSTRING STRETCH



SUPPORTED TICK TOCKS



T-SPINE EXTENSION



TERMINAL KNEE EXTENSION



VERTICAL BRETZEL

