



MOBILITY LEVEL 1

[Kneeling Psoas mobility 5x5 seconds](#)

[Hamstrings mobility 5x5 seconds](#)

[Bent kneeling abductor/psoas mobility 5x5 seconds](#)

[Supine Leg ext 10 x 5 sec. hold](#)

[Kneeling Abductor mobilization bent knee and straight leg each 5x5 sec](#)

[Hip circuit](#)

Band unloaded squat x 10

Band unloaded lunge x 5 each side

[Foam Roller t spine Ext. and rotation 5 x 5 sec.](#)

Band Lat./Lower Back Stretch – 20 sec.

If time allows complete 2 rounds daily after 10 -20 minutes of low intensity cardio