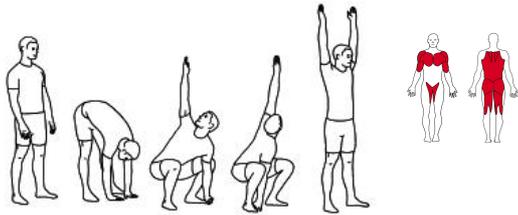
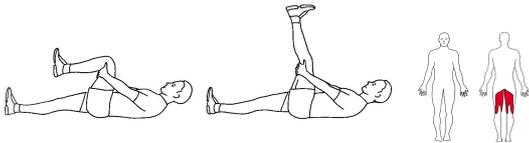


Mobility



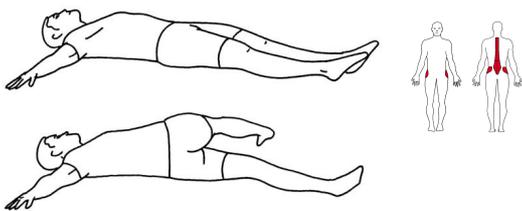
**1. Squat to Stand w/rotation and reach**

Stand with your feet shoulder width apart. Bend your torso forward and bring your hands to the ground. Grab your toes and pull the hip into the squatting position with your arms inside your knees. Press your knees towards the side all the time. Try to straighten your back as much as possible. Look at one palm, and stretch it up toward the ceiling, then stretch your arm back in a controlled motion to the centre before the other arm passed up toward the ceiling. Once this is completed, lift both arms up over your head. Stretch your body up from the squat with the arms above your head.



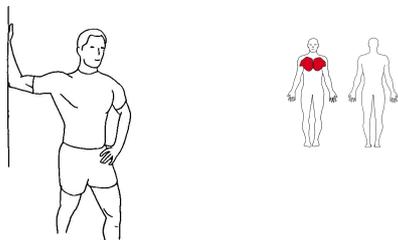
**2. The Extender**

In supine position. Bend one of your legs and grab hold of the back of your knee. Maintain a 90 degree angle in your hip while extending your knee. Extend and stretch the back side of your leg. Stop just before pain is felt.



**3. Rotation of the lumbar in supine**

Lie on your back with your legs straight and your arms straight out to the side. Then lift one leg straight up from the floor, rotate your body towards the opposite side and move the foot to the floor. Arms, upper back and shoulders are on the floor at all time. Move calmly back to starting position and repeat to the opposite side.



**4. Chest 1**

Stand with your side to a door frame, wall bars or similar. Stretch your arm and place your forearm against the door frame at head height. Slowly turn your body away from the door frame until you feel your chest muscles stretching. Hold for 30 seconds and change arms.



**5. Foam roller: backside thigh**

Sit on your buttocks with one thigh resting on the roller while you move the other leg across to add extra weight. Use your arms to move your body up and down so that you can roll up and down following the movement of your thigh. Start at the back of your knee and work all the way up to where your hamstrings are joined.



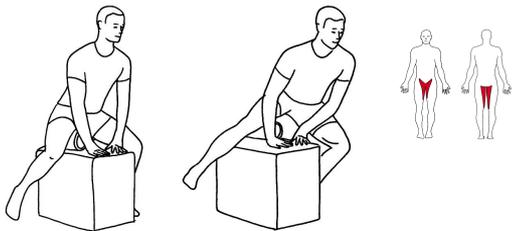
**6. Foam roller: middle part of the back**

Lie on your back with the foam roller placed under the middle part of your back. Your knees should be bent at a 90 degree angle. Use your legs to move your body so your back muscles roll up and down across the roller. You can also try to stretch the upper part of your back a little in order to increase mobility. You can work a bit extra on sore spots by rolling over them locally.



### 7. Foam roller: outer side buttock

Sit on the roller on the side you wish to work and put your foot on the opposite knee in order to get a larger stretch in the buttock. Use your arms to support your body. Roll forwards and backwards and from side to side to work all the muscle groupings.



### 8. Foam roller: inner side thigh on bench

Sit on the foam roller with one leg on each side of the bench. Apply pressure at the groin. Roll up and down along the inner side of the thigh from the groin to the knee. Put more pressure on the foam roller by increasing the pressure on the muscle groupings.



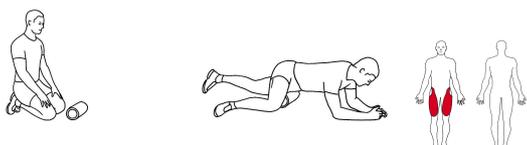
### 9. Foam roller: inner side thigh

Lie on your stomach with one leg to the side on the foam roller and the other leg placed on the mat. Your upper body should be resting on your elbows and forearms. Put pressure on the foam roller by lowering your hips toward the floor. Roll forwards and backwards following the thigh from groin to knee.



### 10. Foam roller: Backside lower leg

Start at the achilles tendon and roll up towards the back of your knee. Roll at a steady pace. When you find a sore spot keep the pressure and make circular movements with your foot or bend and stretch your ankle. Try to work both the inner and outer sides of your calf muscle.



### 11. Foam roller: frontside thigh

Lie on your stomach with one leg to the side and the other placed on the foam roller. Your upper body should rest on your elbows and forearms. Put pressure on the foam roller by lowering your hips towards the floor. Roll up and down the entire length of the thigh.