



Physical Therapy & Sports Performance Center

Mobility Circuit

Mobility Squats



Arms Across Chest (5-10 ea)



Hands Behind Head (5-10ea)

Mobility Lunges



Arms Across Chest (5-10 ea)



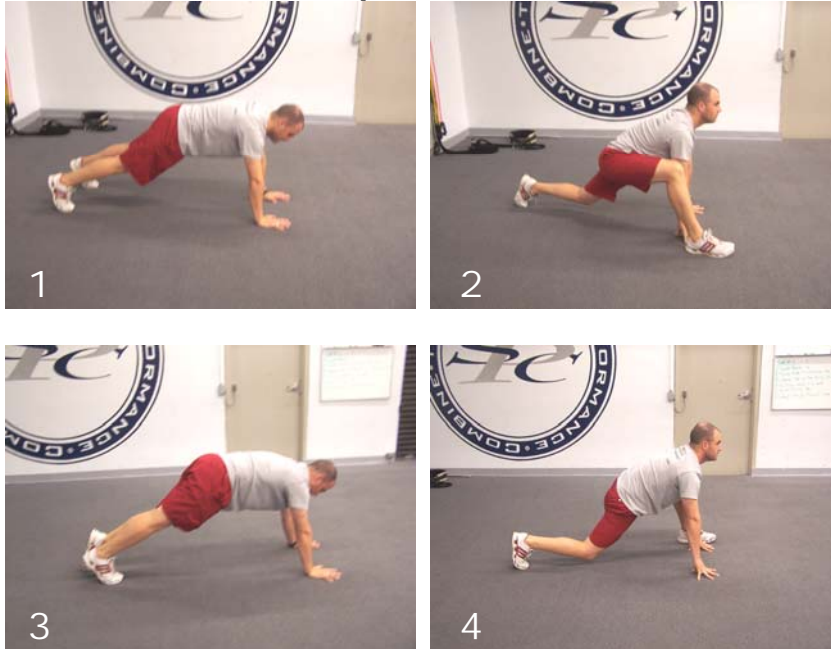
Hands Behind Head (5-10ea)



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Mobility Circuit

Spiderman



- 1) Begin in a push up position and bring the right foot to the outside of the right hand (make sure heel is flat)
- 2) Pause and slowly push hips down and side-to-side
- 3) Walk your hands forward, keeping the right foot in place and the left leg straight. Finish in the push-up position
- 4) Repeat with the left foot (5-10 times each side)

Inchworm



- 1) Begin in a push up position and allow the hips to sink down (try not to let the thighs touch the ground)
- 2) Keep your hands in place and inch your feet forward as far as you can while keeping your knees straight
- 3) Keep your feet in place and slowly walk your hands forward, back to the starting position (repeat 5-10 times)