

WARMUP/MOVEMENT PREP	
MOBILITY FOCUSED	STABILITY FOCUSED
<u>ALL FOUR BELLY LIFT</u>	<u>ALL FOUR BELLY LIFT</u>
<u>BIRDDOGS</u>	<u>DEADBUGS</u>
<u>QUADRUPED T-SPINE ROTATION</u>	<u>ROTATIONAL SIDE PLANK</u>
<u>PIGEON PROGRESSION</u>	<u>FRC HIP SERIES</u>
<u>ANKLE/CALF AGAINST WALL</u>	<u>MOVING INCHWORM WITH PUSHUP</u>
<u>BACK TO WALL OVERHEAD FLEXION</u>	<u>LATERAL LUNGE WITH OVERHEAD REACH</u>
<u>LATERAL LUNGE WITH OVERHEAD REACH</u>	<u>SPIDERMANS WITH ROTATION</u>
<u>SPIDERMANS WITH ROTATION</u>	<u>90-90 BACKPACK PAUSED MARCH</u>
LONGER - MOBILITY/STABILITY COMBO	
<u>ALL FOUR BELLY LIFT</u>	
<u>DEADBUGS</u>	
<u>BIRDDOGS</u>	
<u>ROCK BACK QUADRUPED ROTATION WITH BREATHING</u>	
<u>PRONE EXTERNAL ROTATION</u>	
<u>PELVIS DISSOCIATION</u>	
<u>THREE WAY ANKLE TO WALL</u>	
<u>FRONT FACING WALL SLIDES</u>	
<u>BACK TO WALL OVERHEAD FLEXION</u>	
<u>LATERAL LUNGE WITH OVERHEAD REACH</u>	
<u>SPIDERMANS WITH ROTATION</u>	
<u>BEAR CRAWL</u>	