



## **Option 1 - Mobility/Activation**

- Prone flat/raised belly breaths x 10 ea
- Single leg glute bridge x 10 e/s
- Prone Y-W x 10
- Hip flexor pulses x 10 e/s
- 90-90 reach thru x 6 e/s
- Cat-camel x 8
- Lateral rocks x 6 e/s
- World's greatest stretch x 5 e/s
- Knee hug + arabesque x 5 e/s
- Skipping / Lateral skip / High knee skip x 30 ea

