



## **Option 2 – Mobility/Activation**

- Bretzel x 5 breaths e/s
- 90-90 reach thru x 5 e/s
- Hip flexor pulses x 10 e/s
- Double leg glute bridge hold x 30"
- Supine neural glide/floss x 10 e/s
- Supine side to side x 5 e/s
- Prone scorpions x 5 e/s
- Assisted back ext x 5

