

MOBS #1



Lower Body Rotation (start):

Start with back and shoulders flat on ground. Feet are straight up in air with legs straight.



Lower Body Rotation (rotate):

Rotate legs to side so that feet touch ground. Keep shoulders flat on ground. When shoulder comes off ground rotate back towards other side.



Deep Squat Reach (start):

Stand in squat position.



Deep Squat Reach (bend position):

Bend at hips, keeping knees as straight as possible and touching ground with hands.



Deep Squat Reach (squat position):

From bend position, drop hips into bottom squat position, keeping hands inside of knees. Feet are flat on ground, chest up and back straight.



Deep Squat Reach (finish):

From squat position, stand straight up and reach arms straight up overhead.

MOBS #1



Bearcrawl Forward (start):
Start with hands flat on ground, with legs extended behind, with feet as flat on ground as possible.



Bearcrawl Forward (walk position):
Step forward with opposite hand and foot trying to keep feet flat on ground. Can also be performed by stepping with same foot and hand.



Lunging Dowel Twist (lunge position):
From standing position with dowel behind back lunge forward so that front foot is in line with back foot.



Lunging Dowel Twist (twist position):
Once down in lunge position, twist upper body over knee that is up. Return to standing position and step with other foot.



Crabwalk Backwards (start):
Start from a table top position, with hands and feet flat on ground, hips even with body, and hands facing in towards feet.



Crabwalk Backwards (walk position):
From start position, step with same foot and hand, keeping hips as flat as possible. Can also be performed with opposite hand and foot.

MOBS #1



Figure 4 Sits (start):
Start with ankle across leg just above the knee.



Figure 4 Sits (sit position):
Sit as low as possible so that weight is on foot on ground. Back stays flat and chest is out.



Scorpions (start):
Start in push up position.



Scorpions (finish):
Rotate leg up and behind back so that it tries to touch opposite shoulder.



Overhead Squat (start):
In squat position, hold bar overhead with arms extended and hands at end of dowel rod.



Overhead Squat (finish):
Squat to bottom position with feet flat on ground. Try and keep bar directly overhead.