

MOBS #2



Mountain Climber (start):

Start with arms in push up position, with one leg up and outside of arm, while other is behind body.



Mountain Climber (finish):

Jump from start position with feet so that the up foot becomes the back foot, and visa versa.



Twist, Stride and Reach (start):

Start in bottom lunge position, with both hands on ground even with front foot.



Twist, Stride and Reach (finish):

From start, reach overhead with inside arm, then with outside arm. Return to standing position and repeat on other side.



Lateral Hip Swing (start):

Start facing wall or squat rack. One foot is flat on ground pointing straight towards wall. Other leg is off ground.



Lateral Hip Swing (finish):

Swing leg outside body, then across body. Keep toe facing straight ahead.

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T Shoulder Rotations:

In standing position with arms straight out and extended rotate forward and backwards making circles keeping arms straight and at shoulder height.



Inchworm (start):

Start in push up position.



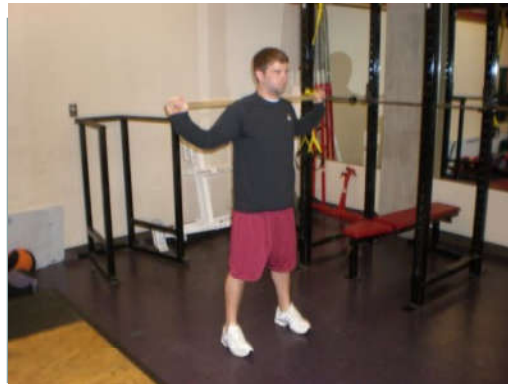
Inchworm (walk position):

Walk towards hands with feet until feet are flat on ground or legs start to bend.



Inchworm (finish):

Once feet are flat on ground, walk arms back out to start position.



Pressing Snatch Balance (start):

Start from standing position with dowel rod on back.



Pressing Snatch Balance (finish):

From start position, push bar off back and simultaneously drop hips into bottom squat position. Bar is caught with arms extended and in line with hips.