

MOBS #3



Elevated Dip Cycle (start):
Start with elbows on bench, hips up and in line with body and one leg up bent at hip and knee.



Elevated Dip Cycle (finish):
Put start leg on ground, then take opposite leg and put in up position.



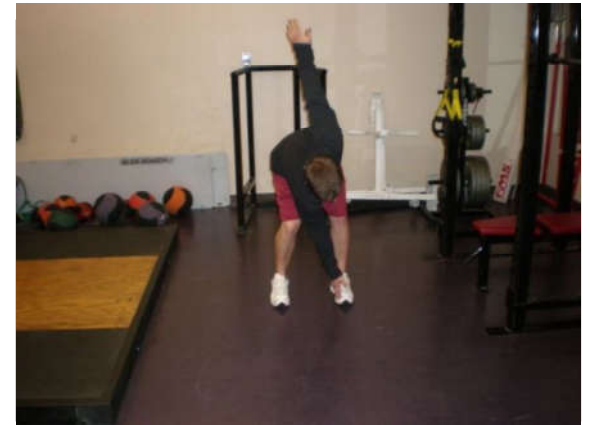
Dynamic Hamstring Stretch:
From standing position, grab knee with hands and press towards body. Repeat on other leg.



Carioca Low and Slow (start):
Start in squat position with legs wide, back straight and chest out.



Carioca Low and Slow:
From start, step behind with outside leg. Once foot is behind and flat, then step with inside foot back out. Once in start position, then step in front with outside foot.



Bent Over Windmill:
Bent over with back flat and rotate arms so that they touch the opposite foot.

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Prisoner Walk (start):
Start in standing position with arms behind head.



Prisoner Walk (touch position):
Walking forward, touch opposite elbow to opposite knee. Keep walking and repeat on other side.



Forward/Backward Arm Swings (start):
Start with one arm back behind body and other in front of body.



Forward/Backward Arm Swings (finish):
Swing arms forward and backward in alternating motion.



Snatch Balance (start):
Start with feet under shoulders in standing position with dowel on back.



Snatch Balance (finish):
From start drop hips and catch bar with arms extended and feet wide. Bar should be in line with hips, feet flat on ground.