

MOBS #4



Half Kneeling Dowel Twist (start):

Start in lunge position with dowel behind back. Front foot is in line with back foot.



Half Kneeling Dowel Twist (finish):

From start twist over knee, then return to start position. Complete all reps on one side, then switch to opposite leg.



Single Leg Bridge (start):

Start in table top position with feet and hands flat, and hips up and in line with body.



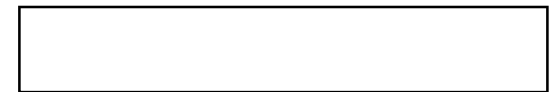
Single Leg Bridge (out position):

Balance on one leg, bringing the other directly out in line with body. Extend at both hip and knee so that leg is straight.



Single Leg Bridge (up position):

From out position, rotate leg upward to a 45° angle at hip. Keep knee extended and keep leg on ground flat and hips up.



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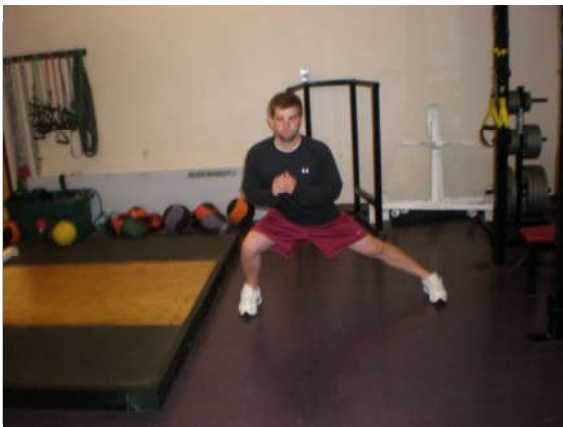
Lean, Rock, and Reach (start):
From standing position descend into lunge position.



Lean, Rock, and Reach (rock position):
From lunge, rock back on front heel extending the front leg.



Lean, Rock, and Reach (reach position):
Rock, then return to lunge. Reach overhead with inside arm. Then return to standing position and repeat on other leg.



Lateral Lunge:
From standing position, step laterally and squat on outside leg, keeping inside leg straight.



Spiderman Crawl (start):
Start with one leg back, one leg outside of hand, and the other hand extended in front of body.



Spiderman Crawl (crawl position):
From start position step with back leg and opposite arm, so that start position is reversed.

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Dynamic Hip Swing (start):

Outside foot is flat on ground with foot facing forward. Other leg is off ground. Inside arm is holding onto wall or rack.



Dynamic Hip Swing (swing):

Swing inside foot as forward and backward as possible, keeping other foot flat on ground.



Backward Long Reach (start):

From standing position raise one leg so that foot is higher than the knee cap of the other leg.



Backward Long Reach (reach position):

Once foot is higher than knee cap level, reach backward with foot while balancing on other leg.



Backward Long Reach (finish):

Once foot is back in the air as far as possible, lower it to ground and drop into lunge position.



Lower Body Rotation:

Complete same as MOB #1.