

MOBS #5



In Line Lunge (start):

Start standing, holding dowel rod with one arm up behind head and other placed in small of back.



In Line Lunge (lunge position):

Stepping forward with same leg of arm in lower back, lunge in line with back foot. Then return to start position and repeat. Switch hands and repeat on other leg.



Hurdle Step (start):

With one leg balanced flat on ground, raise other leg up and out, pressing with arm so that leg is even with body.



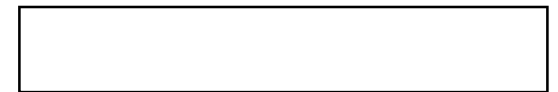
Hurdle Step (opposite leg):

Return to standing position from first leg, then repeat with other leg.



1 Leg T RDL:

From standing position balance on one leg, rotating at hip so that leg is behind body and up, and back is flat.



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Messier Squat:

Squat down to bottom of squat, then shift weight to one side.



Messier Squat:

Then shift weight to other side.



Toe Reach Squat (bend position):

From standing position, bend at hips so that hands touch feet. Feet are at shoulder width.



Toe Reach Squat (squat position):

From bend position, lower hips into squat. Keep hands on feet as you squat down. Chest is up, back straight and looking forward.



Toe Reach Squat (bend position):

From bottom of squat, hold for a 2 count, then return to bend position keeping hands in contact with feet.



Toe Reach Squat (finish):

After holding the bend position for a 1-2 count, then stand up reaching overhead with arms as high as possible.

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Crossover Lunge (start):
Start in standing position.



Crossover Lunge (finish):
From start position, lift leg up and lunge forward with leg crossing over the back leg. Return to start position and repeat on other leg.



Walking Quad Stretch:
Standing, bring one leg behind and grab with hand. Other arm will raise in the air overhead.



Walking Quad Stretch (other leg):
Once stretch is completed on one side, then return to standing position and repeat on other side.



Overhead Lunge (start):
From standing position, grasp dowel at ends and hold above head with arms extended.



Overhead Lunge (finish):
Step forward into lunge, with front foot in line with back foot. Still hold arms overhead with arms extended.