

MOBS #6



Leg-Lowering Progression (start):
Start with back and shoulders flat on ground, with legs straight up in air.



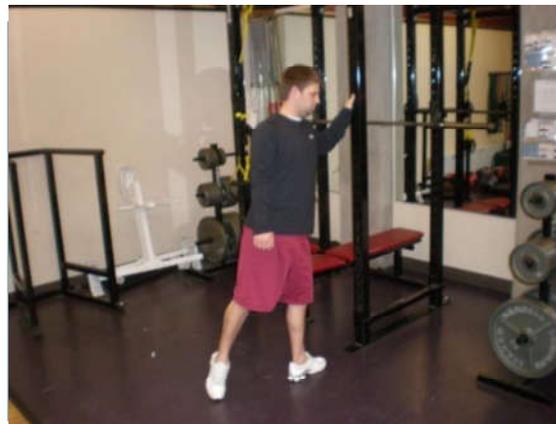
Leg-Lowering Progression (finish):
Slowly lower one leg towards ground keeping other leg up in the air. Use a 3-4 count to lower leg. Then return to start and repeat on other leg.



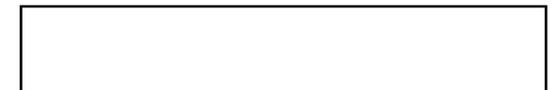
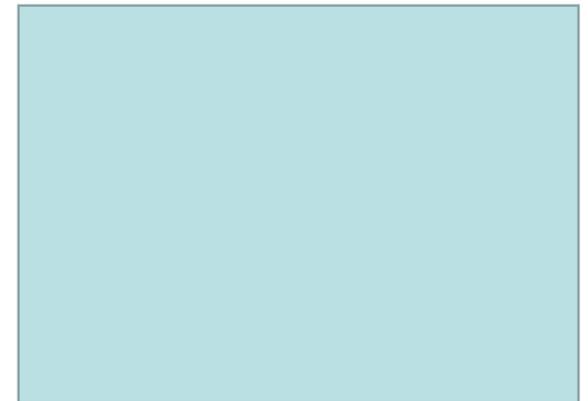
Dynamic Hurdle Step (start):
Start facing a wall or rack. Lift one leg so that foot is higher than other knee cap.



Dynamic Hurdle Step (lift position):
Once foot is higher than knee cap, lift and rotate foot outward as if stepping over imaginary hurdle.



Dynamic Hurdle Step (finish):
When foot is out and over body, then open hips and touch ground with toes, keeping weight on front foot. Then return to start with same pattern and repeat on other leg.



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Hip Open Lunge Twist (start):
Start from standing position.



Hip Open Lunge Twist (open position):
Lift leg up, and rotate out so it is perpendicular to body. Keep weight and position on other leg.



Hip Open Lunge Twist (finish):
Once leg is up and open, turn body and lunge out towards side.



Trunk Rotation:
Laying with back and shoulders on ground, with hips and knees at 90°. Rotate legs side to side.



X Behind (start):
Start from a standing position with feet under shoulders.



X Behind (finish):
Step behind with foot crossing behind the front foot. The front foot stays facing and flat on ground.

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Dyno Walks (start):

Start from standing position.



Dyno Walks (finish):

Keeping one foot flat on ground, rotate at hips and touch ground with hands while back leg kicks up and behind body. Walk forward and switch legs.



Duckwalk:

In the bottom squat position with hips as low as possible, keep feet flat on ground while taking steps flat on ground, keeping feet flat when taking steps.



High Knee Step-Over (start):

Start standing, with one foot flat on ground and the other in front with the heel touching the ground.



High Knee Step-Over (up position):

Keeping stable foot flat on ground holding weight, lift the heel of the ground and raise leg so that foot is at or above knee cap height.



High Knee Step-Over (finish):

Keep rotating leg up and back. When it gets behind the body tap the toe on the ground, then repeat motion to return to start.