

# MOBS #7



### Side Lying Rotation:

Lying with back and shoulders on ground, fall to left with right leg crossed on top of right leg. Keep shoulders flat on ground.



### Side Lying Rotation (other leg):

Then rotate to other side, switching the up leg so that left leg is now on top.



### Single Leg Superman (start):

Start in standing position, holding the dowel rod at the end of dowel rod.



### Single Leg Superman (finish):

Balancing on one leg, kick back leg up and back while simultaneously extending dowel rod overhead so that arms, leg, and body are in line.



### 1 Leg Duckunders (start):

Start in push up position.



### 1 Leg Duckunders (finish):

From start position, bring one leg under body and cross over to other elbow, then return to start and repeat on other side.

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## Goalie Squat (start):

Start with legs wide and toes facing forward.



## Goalie Squat (finish):

From start position, drop leg inside towards other leg, keeping other foot flat and facing forward. Return to start and repeat on other side.



## Walking High Knee:

Walking forward bring knee to chest by holding with hands.



## Bearcrawl backward:

From bearcrawl position walk backwards keeping feet flat on ground.



## Toy Soldiers (start):

Start in standing position.



## Toy Soldiers (kick):

Kick leg up and touch with opposite hand. Then walking forward repeat with other leg.

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## Body Squat:

From standing position with hands crossed, drop into squat position with hips at least at 90°.

