



# Stretches & Mobility for MMM [Video]



1



Video



**Monday Morning Mobility courtesy of Stace Flinn (IG @SF\_coaching\_ne)** - Calf : Legs shoulder width apart. Lift heels up to tip toes. Hold for 2 secs. Repeat for 20 secs.

2



Video



Thigh: Side step 2 second hold in squat position *Scaled to half step out if required* Step to left. Hold 2 secs. Step to right. Hold 2 secs. Repeat x 3

3



Video



Shoulder: Roll shoulders back rotation. Hands on shoulders or by side. 2 times forwards. 2 times backwards. Repeat for 20 seconds.

4



Video



Neck: Head rotation 3 times anti-clockwise Head rotation 3 times clockwise Repeat x 2



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5



Video



**Torso:** Sitting in chair (or standing) Stretch arms extended to left. Hold for 2 seconds. Stretch arms extended to the right. Hold for 2 seconds. Repeat x 3

6



Video



**Spine:** Sitting in chair (or standing) Turn shoulder to the left of chair, stretching core with a twist. Turn shoulder to the right of chair, stretching core with a twist. Repeat x 3