



Stretches & Mobility for MMM [Static]



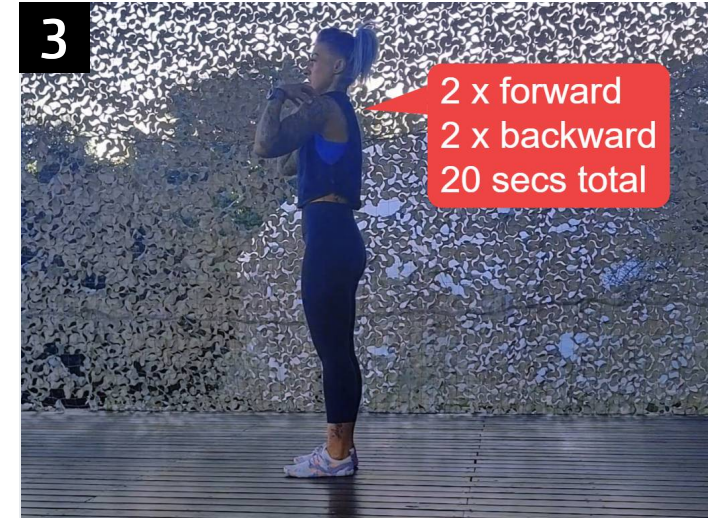
2 secs hold
20 secs total

Calf : Legs shoulder width apart. Lift heels up to tip toes. Hold for 2 secs. Repeat for 20 secs.



2 secs hold
20 secs total

Thigh: Side step 2 sec hold in squat. Step to left. Hold 2 secs. Step to right. Hold 2 secs. 20 Secs



2 x forward
2 x backward
20 secs total

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



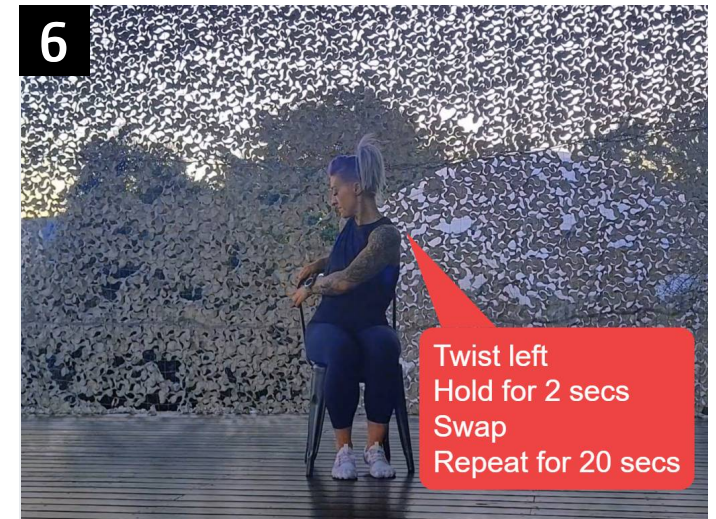
3 rolls c/wise
3 roll ac/wise
20 secs total

Neck: Head rotation 3 times anti-clockwise Head rotation 3 times clockwise 20 Secs



Left 1st
Hold for 2 secs
Swap
Repeat for 20 secs

Torso : Sit, stretch arms left, hold 2 secs. Swap, hold 2 secs. Repeat for 20 secs.



Twist left
Hold for 2 secs
Swap
Repeat for 20 secs

Spine: Sitting turn shoulder to the left of chair, stretching core with a twist. Swap sides. 20 Secs