



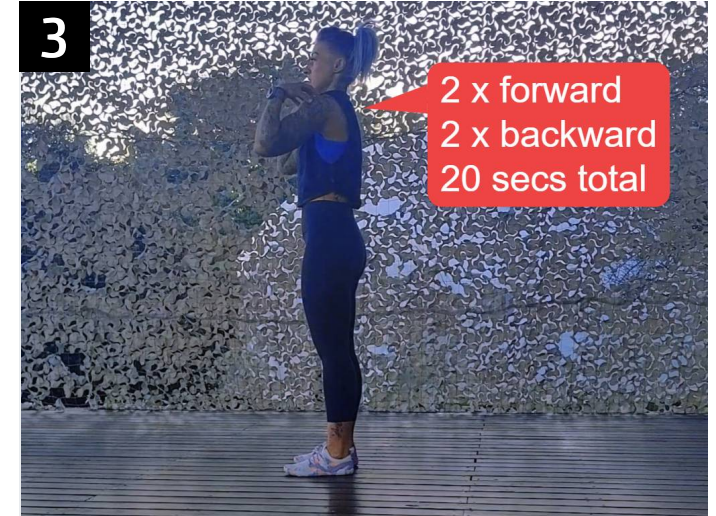
# Stretches & Mobility for MMM [Static]



**1**  
**Calf** : Legs shoulder width apart. Lift heels up to tip toes. Hold for 2 secs. Repeat for 20 secs.



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



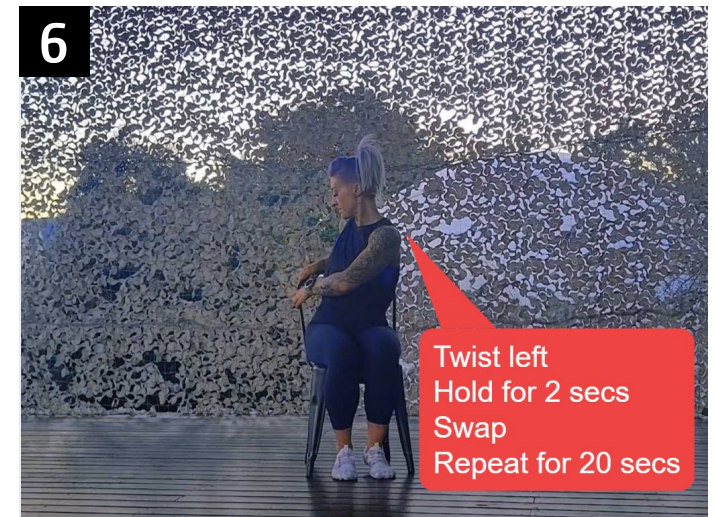
**3**  
**Shoulder**: Roll shoulders back rotation. Hands on shoulders or by side. 2 times forwards. 2 times backwards. 20 Secs



**4**  
**Neck**: Head rotation 3 times anti-clockwise Head rotation 3 times clockwise 20 Secs



**5**  
**Torso** : Sit, stretch arms left, hold 2 secs. Swap, hold 2 secs. Repeat for 20 secs.



**6**  
**Spine**: Sitting turn shoulder to the left of chair, stretching core with a twist. Swap sides. 20 Secs