

MOVEMENT TIPS TO REMEMBER

LENGTHEN -
STRENGTHEN

TRAIN MOVEMENT
NOT MUSCLE

IMPROVE
MOBILITY-
STABILITY



WRIST



ELBOW CIRCLES



BACK



90 DEG. HIP W/ROTATION



SHOULDERS



CORNER CHEST



HIPS/LEGS



90 DEGREE TABLE



90 DEGREE TABLE



"T" TO TOE GRAB



WALL PRESS



KNEEL TOE GRAB



4 DIRECTION WRIST



BAND WALKS



DOOR OVER REACH



CRADLE/FIGURE 4



BAND CLOCK WALKS



OH FARMER WALK



WALL SLIDES



HAMSTRING/TOE GRAB