

Intro To Mobility

Control Movement through the complete ROM allowed by a joint

Mobility movements are relatively low intensity and can be used as a specific warm-up before a swimming workout, or they can be performed on an almost daily basis to help ensure optimal muscle length and joint motion.

Shoulders (no name for this one, more of a warm up stretch) - Sitting on the floor, feet flat, put hands behind your head and push elbows all the way back. Lift hands all the way up over head and bring down sideways to the floor, go back up and bring hands back to start behind head with elbows out.

5 times

Table Top Bridge - Hands flat, fingers pointed out, sitting in a M-position (feet flat on the floor), Looking up at the ceiling, raise hips as high as they will go and lower to the floor.

***** Works the entire back side in a really stable position**

10 times



Repeat the first 2 exercise 2-3 more times

Cat Camel - (back) On knees, hands flat on the floor, look up at the ceiling and curve in spine as far as you can go. Then reverse, looking toward your belly button trying to reach back all the way up.

***** Remember not to hold your breath**

10 times





T-Spine Rotations - On all 4's, put one hand on lower back, rotate toward that side looking up at your elbow. Make sure shoulder blades are squeezed together and chest is out. Hold in that core!

10 times

*****Try to keep hips still**



**Repeat Cat Camel and T-Spine Rotations
2 - 3 more times**

Open & Close The Gate (Hips) - Raise your knee to hip level, turn it out and open away from your body (you will feel the stretch in your groin). This is referred to as "opening the gate". Bring your knee back around in front of your body and lower leg down to starting position.

10 times

***** Stand nice and tall, shoulders back, and core in tight**



Shoulder Rotations - Perform internal and external rotation with elbows and shoulders raised 90 degrees. Imagine there is a straight line from one elbow to the other and don't deviate from this position as you rotate at your shoulders.

10 times

***** Stand nice and tall and continue to keep that core in tight**



Open & Close The Gate and Shoulder Rotations
repeat 2 - 3 more times