



## **Mobility Exercises**

### **Hurdle Walk-Overs**

- Unders: Face sideways, step to lunge under hurdles one at a time. Bend in hips not over at the waste (get low). Do both sides.
- Unders Forward: Step under high hurdle still facing hips forward. Go under hurdle similar to how you'd limbo
- Hurdle over the middle: Keep hips facing forward and step over the middle with first leg like a lead leg and second leg coming through like a trail leg. Can do same leg over the middle, and/or alternate bringing the trail leg through over the next hurdle.
- Over-Over-Back: Over two hurdles forward, and then going backwards over a hurdle with the same form.
- Side skip: Facing the side of the hurdles bringing each foot over each hurdle, leading with the outside leg. Outside-Inside. Should have a skip rhythm to it.

### **Fire Hydrant Series**

- On hands and knees. Core tight. Back flat.
- Do each below movement, each leg. Sets of 8-12.
  1. Bring knee out (like peeing on a fire hydrant)
  2. Kick foot up towards the sky (donkey kick)
  3. Bring knee around to shoulder (trail leg)

### **7-way Hip Series**

- Laying on side, core tight, foot flexed, big toe pointed towards ground
- Do all 7 movements on one side then switch. Each movement 6-10 times.
- 7 Movements: Up, Forward, Backward, Through forward to back, Circles forward, Circles backward, Bicycle

### **Plank or Standing Series**

- Whether standing or in a plank position, keep core tight, back flat, hips engaged.
- Lift knee to chest
- Lift knee to opposite shoulder
- Lift knee out and around (like a trail leg)
- \*When doing this standing, I'd do it without shoes. Works on balance and foot strength.

### **Seated Hurdle Series**

- Sit on the ground in hurdle position. Roll over lead leg onto stomach. Roll to sitting up with other lead leg in front. Hold the stretch. Roll back the other way. Repeat 6-10 times.
- Sitting in hurdle position, lift lead leg keeping shoulders in front of hips. Do 3 sets of 10.
- Sitting in hurdle position, lift the trail leg. Do 3 sets of 10. Do both legs.