



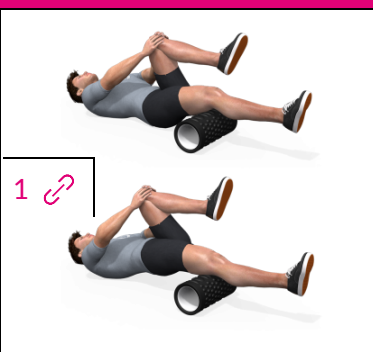
Mobile AF

10min per day, 40min per week



Hip extension knee fixed supine, right - FR

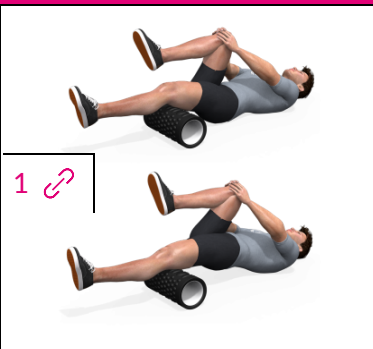
Glutes, Lower Back - Hamstrings

	Set 1	30 s						
	Note							

Lie flat on the floor. Place one leg on the platform. Hold your knee. Lift your hips up.

Hip extension knee fixed supine, left - FR

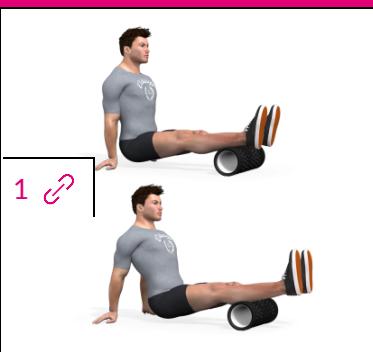
Glutes, Lower Back - Hamstrings

	Set 1	30 s						
	Note							

Lie flat on the floor. Place one leg on the platform. Hold your knee. Lift your hips up.

Calf roll - FR


Calves

	Set 1	30 s						
	Note							

Place both legs on the foamroller. Support yourself with your arms. Gently roll back and forth.

Glute stretch forced, left


Abductor - Glutes

	Set 1	60 s						
	Note							

Lay on your back on the floor. Place your hands on your thighs. Bend your leg. Place one leg over the other leg. Feel your muscle(s) stretching.

Glute stretch forced, right


Abductor - Glutes

	Set 1	60 s						
	Note							

Lay on your back on the floor. Place your hands on your thighs. Bend your leg. Place one leg over the other leg. Feel your muscle(s) stretching.

Triceps stretch behind the back


Triceps

	Set 1	30 s						
	Note							

Stand up straight. Move your arms backward. Weave your fingers together. Stretch your arms.

Lateral stretch, right


Obliques

	Set 1	30 s						
	Note							

Place your feet in stride position. Tighten all of the core muscles. Extend one arm up. Move your torso to the side.

Lateral stretch, left


Obliques

	Set 1	30 s						
	Note							

Place your feet in stride position. Tighten all of the core muscles. Extend one arm up. Move your torso to the side.

Lattissimus stretch hanging, right


Lats

	Set 1	30 s						
	Note							

Grab the pole. Bring your buttocks back. Feel your muscle(s) stretching.

Lattissimus stretch hanging, left


Lats

	Set 1	30 s						
	Note							

Grab the pole. Bring your buttocks back. Feel your muscle(s) stretching.

Lunge stretch, left


Quads - Glutes, Hamstrings

	Set 1	30 s						
	Note							

Place your feet in split squat stance. Place your hands on your thighs. Move the rear knee towards the ground. Keep your back in a neutral position. Feel your muscle(s) stretching.

Lunge stretch, right


Quads - Glutes, Hamstrings

	Set 1	30 s						
	Note							

Place your feet in split squat stance. Place your hands on your thighs. Move the rear knee towards the ground. Keep your back in a neutral position. Feel your muscle(s) stretching.

Sumo squat stretch

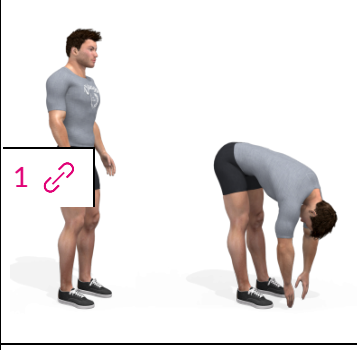
Quads - Glutes, Hamstrings, Lower Back

	Set 1	30 s						
	Note							

Place your feet outside hip width. Place your hands on the ground. Extend both legs. Stand up straight.

Hamstring stretch standing

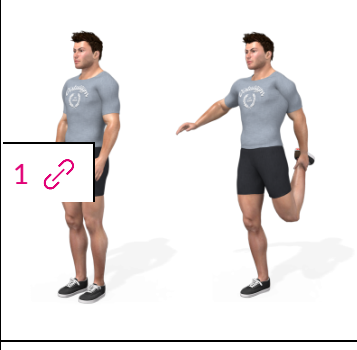
Hamstrings

	Set 1	30 s						
	Note							

Stand up straight. Bring your hands down. Reach as far as possible with your hand.

Quadriceps stretch hip extension, left


Quads

	Set 1	30 s						
	Note							

Stand on one leg. Keep your back in a neutral position. Keep your knees next to each other. Bend your knee. Grab your foot with your hand. Feel your muscle(s) stretching.

Quadriceps stretch standing, right

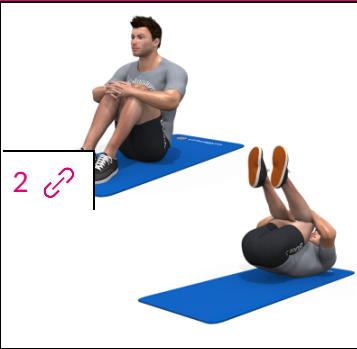
Quads

	Set 1	30 s						
	Note							

Stand on one leg. Keep your back in a neutral position. Keep your knees next to each other. Bend your knee. Grab your foot with your hand. Feel your muscle(s) stretching.

Rolling front back spinal mobilisation


Abs - Straight Abs

	Set 1	30 s						
	Note							

Sit on the floor. Hold your knees. Gently roll back and forth.

Quadriceps stretch kneeling


Quads

	Set 1	30 s						
	Note							

Kneel on the ground. Toes pointing backwards. Keep your back in a neutral position. Place your palms on the floor. Keep your shoulders over your hands. Feel your muscle(s) stretching.

Chest stretch standing, right


Chest - Front Shoulders

	Set 1	30 s						
	Note							

Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position.

Chest stretch standing, left

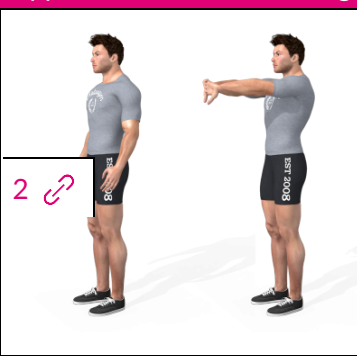
Chest

	Set 1	30 s						
	Note							

Stand next to the wall. Place one forearm against the wall. Move your torso forward. Feel your muscle(s) stretching. Hold this position.

Upper back stretch standing


Upper Back

	Set 1	30 s						
	Note							

Stand up straight. Bring your arms forward. Weave your fingers together. Stretch your arms. Feel your muscle(s) stretching.

Big toe pose

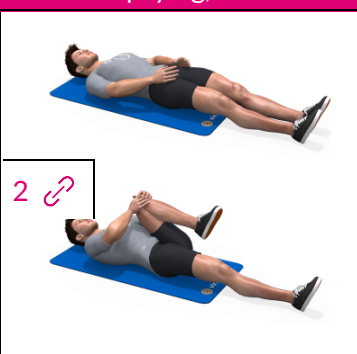
Hamstrings

	Set 1	30 s						
	Note	Coach note: Only go as far as you are comfortable. You should feel a good stretch but there should be NO pain or tingling. If there is, back off the stretch a bit.						

Place your feet at hip width. Move your torso forward. Grab your toes.

Flexion hip lying, left

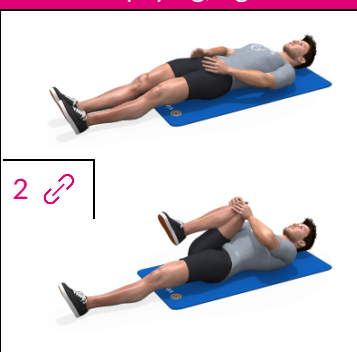
Hamstrings

	Set 1	30 s						
	Note							

Lay on your back on the floor. Pull your knee towards your body.

Flexion hip lying, right


Hamstrings

	Set 1	30 s						
	Note							

Lay on your back on the floor. Pull your knee towards your body.

Hip stretch, right


Quads - Glutes, Hamstrings

	Set 1	30 s						
	Note							

Get down in a kneeling position. Push your hips forward. Feel your muscle(s) stretching.

Hip stretch, left


Quads - Glutes, Hamstrings

	Set 1	30 s						
	Note							

Get down in a kneeling position. Push your hips forward. Feel your muscle(s) stretching.

Cat pose


Abs - Straight Abs

	Set 1	60 s						
	Note	Coach note: Do 1 min of Cat & Cow pose TOGETHER.						

Kneel on the ground. Place your hands on the ground. Make your back convex (round). Tighten the abdominal muscles. Pull in the belly button.

Cow pose

Lower Back

	Set 1	60 s						
	Note	Coach note: Do 1 min of Cat & Cow pose TOGETHER.						

Kneel on the ground. Place your hands on the ground. Relax your torso. Lift up your chest.

Child pose

Quads, Hamstrings

Set 1

60 s

Note


2



Kneel on the ground. Bring your buttocks back. Move your torso forward. Place your arms on the floor.

Glute stretch assisted seated, right


Glutes - Abductor

	Set 1	30 s						
	Note							

Bend your leg. Place one leg over the other leg. Place your hands on your thighs. Push your leg downward. Feel your muscle(s) stretching.

Hamstring stretch seated, left


Hamstrings, Glutes

	Set 1	30 s						
	Note							

Extend one leg. Move your torso forward. Feel your muscle(s) stretching.

Hamstring stretch seated, right

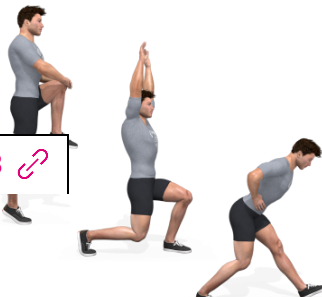
Hamstrings, Glutes

	Set 1	30 s						
	Note							

Extend one leg. Move your torso forward. Feel your muscle(s) stretching.


Knee lift hamstring stretch, alternated

Quads - Glutes, Hamstrings

	Set 1	60 s						
	Note							


Grab your leg below your knee. Lunge forward. Lift your arms. Extend one leg. Move your torso forward. Place your hands on your side.

Adductor stretch standing, left - Rig **Adductor**

	Set 1	30 s						
	Note							


Stand next to the wall rack. Place your foot on the wall rack. Move your torso forward. Place one hand on your thigh. Hold this position.

Hamstring stretch standing, left - Rig **Hamstrings**

	Set 1	30 s						
	Note							


Stand next to the wall rack. Place your foot on the wall rack. Grab the wall rack. Move your torso forward. Hold this position.

Adductor stretch standing, right - Rig **Adductor**

	Set 1	30 s						
	Note							

Stand next to the wall rack. Place your foot on the wall rack. Move your torso forward. Place one hand on your thigh. Hold this position.


Hamstring stretch standing, right - Rig **Hamstrings**

	Set 1	30 s						
	Note							

Stand next to the wall rack. Place your foot on the wall rack. Grab the wall rack. Move your torso forward. Hold this position.

Calf stretch standing, left


Calves

	Set 1	30 s						
	Note							

Place your feet in stride position. Shift your weight onto one leg. Feel your muscle(s) stretching. Hold this position.

Calf stretch standing, right


Calves

	Set 1	30 s						
	Note							

Place your feet in stride position. Shift your weight onto one leg. Feel your muscle(s) stretching. Hold this position.

Intense side stretch pose, left


Hamstrings, Lower Back

	Set 1	30 s						
	Note							

Lunge forward. Extend both legs. Move your torso forward. Place your fingers on the ground.

Intense side stretch pose, right


Abs - Straight Abs

	Set 1	30 s						
	Note							

Place your feet next to each other. Step forward. Place your fingers on the ground. Feel your muscle(s) stretching.

Sumo squat stretch

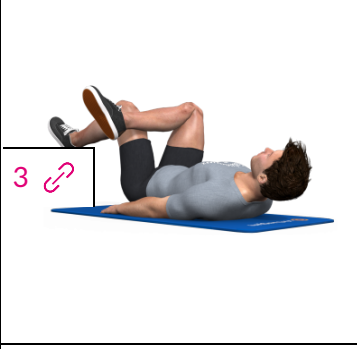
Quads - Glutes, Hamstrings, Lower Back

	Set 1	30 s						
	Note							

Place your feet outside hip width. Place your hands on the ground. Extend both legs. Stand up straight.

Glute stretch lying, left

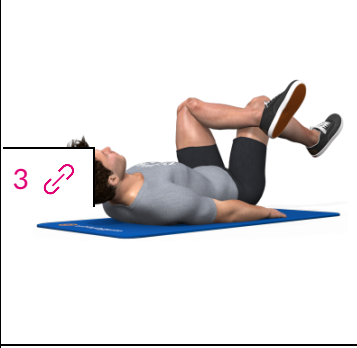
Abductor - Glutes

	Set 1	30 s						
	Note							

Lay on your back on the floor. Place your hands behind your head. Bend your leg. Place one leg over the other leg. Feel your muscle(s) stretching.

Glute stretch lying, right

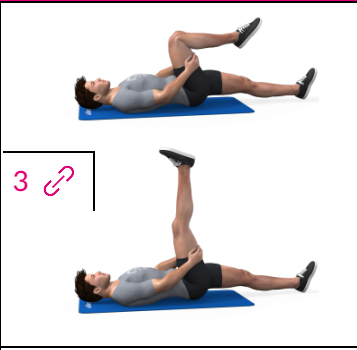
Abductor - Glutes

	Set 1	30 s						
	Note							

Lay on your back on the floor. Place your hands behind your head. Bend your leg. Place one leg over the other leg. Feel your muscle(s) stretching.

Hamstring stretch straight leg, right

Hamstrings

	Set 1	30 s						
	Note							

Lay on your back on the floor. Extend one leg. Place your hands on your thighs. Pull your leg towards you. Feel your muscle(s) stretching.

Hamstring stretch straight leg, left

Hamstrings



Set 1

30 s


Note

3




Lay on your back on the floor. Extend one leg. Place your hands on your thighs. Pull your leg towards you. Feel your muscle(s) stretching.

Wrist stretch forward, left Forearms

	Set 1	30 s						
	Note							


Grab your wrist. Extend one arm up. Bend your wrist.

Wrist stretch backward, left Forearms

	Set 1	30 s						
	Note							


Grab your wrist. Extend one arm forward. Bend your wrist.

Deltoid stretch standing, right Back Shoulders - Shoulders

	Set 1	30 s						
	Note							

Place your arm straight before your chest. Press your arm towards your body.


Deltoid stretch standing, left Back Shoulders - Shoulders

	Set 1	30 s						
	Note							

Place your arm straight before your chest. Press your arm towards your body.

Chest stretch front, right

Chest - Front Shoulders


	Duration	00:00:30						
	Distance	0						
	Speed	0						
	Kcal							
	Note							

4 

Bend one arm 90 degrees. Keep your chest forward. Pull your arm backward.

Chest stretch front, left


Chest - Front Shoulders

	Duration	00:00:30						
	Distance	0						
	Speed	0						
	Kcal							
	Note							

4 

Bend one arm 90 degrees. Keep your chest forward. Pull your arm backward.

Instructions

	Duration	00:03:00						
	Distance	0						
	Speed	0						
	Kcal							
	Note	Coach note: Complete the 4 exercises together as a *flow* 10x..						

Cat pose

Abs - Straight Abs



Set 1	5 s							
Set 2	5 s							
Set 3	5 s							
Set 4	5 s							
Set 5	5 s							
Set 6	5 s							
Set 7	5 s							
Set 8	5 s							
Set 9	5 s							
Set 10	5 s							
Note								

5

Kneel on the ground. Place your hands on the ground. Make your back convex (round). Tighten the abdominal muscles. Pull in the belly button.

Cow pose

Lower Back



Set 1	5 s							
Set 2	5 s							
Set 3	5 s							
Set 4	5 s							
Set 5	5 s							
Set 6	5 s							
Set 7	5 s							
Set 8	5 s							
Set 9	5 s							
Set 10	5 s							
Note								

5

Kneel on the ground. Place your hands on the ground. Relax your torso. Lift up your chest.

Cobra pose

Lower Back



Set 1	5 s							
Set 2	5 s							
Set 3	5 s							
Set 4	5 s							
Set 5	5 s							
Set 6	5 s							
Set 7	50 s							
Set 8	5 s							
Set 9	5 s							
Set 10	5 s							
Note								

5

Lay down on your stomach. Place your hands on the ground. Stretch your arms.

Extended puppy pose

Abs - Straight Abs



Set 1	5 s							
Set 2	5 s							
Set 3	5 s							
Set 4	5 s							
Set 5	5 s							
Set 6	5 s							
Set 7	5 s							
Set 8	5 s							
Set 9	5 s							
Set 10	5 s							
Note								

5

Kneel on the ground. Place your lower arms on the floor. Bring your buttocks towards the ceiling. Push your chest down.