

# JOINT MOBILITY & WARM UP

## 1. VIBRATION/SHOULDER ROLLS

## 2. NECK—*Crown to Coccyx Alignment*

- Tip/Swivel/Side Tilt
- Side Tilt & Nod
- Circle
- Jut—Tuck/Glide/Circle
- Jut-Tuck/Tilt/Circle
- Figure 8ths

## 3. SHOULDERS—*Shoulder Pack*

- Roll: Back/Fwd/Alternate
- Arm Swings: Side/Front/Top/Back/Low
- High Low/Side to Side/Front to Back
- Rope Pull + Hip Root

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## 4. ELBOWS—*Elbow Orientation*

- Thumb to Armpit
- Thumb to Ear
- Thumb to Chin
- Stir the Pot
- Single Arm Figure 8ths
- Scarecrow

## 5. WRISTS

- Arm raises
- Circle/Figure 8ths

## 6. FINGERS—*Grip Confirmation*

- Roll “Ice Cream Cone” – “OK”
- Knuckles

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## 7. UPPER BODY WAVES

- Washing Machine
- Shoulder–Elbow–Wrist
- Wrist–Elbow–Shoulder

## 8. CHEST–*Core Activation/Hollow body*

- Chest Openers
- Ribcage: Fwd/Back/Side/Circles
- Spine Rollups
- Side-to-Side Glide

## 9. WRISTS ON FLOOR

- Fingers Out Circle
- Fingers To Knee
- Fist to Wrist/Fist to Thumb
- Palm Up, Fingers to Knee
- Waves

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## 10. HIPS—*Hip Recruitment*

- Down Dog Hip Rotations

## 11. SPINE—*Leg Drive/Toe Grip*

- Hip Thrust Fwd/Fold Fwd, Hip Back
- Squat/Side Stretches
- Dizzy Circles
- Hip Root/Swipe the Bench
- Hip Circles: Head/Head & Arm Up

## 12. HIP

- Leg Swings:
  - Knee Up/Straight/Across
  - Circle side/back
- Hip Openers

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## 13. KNEES

- Bicycle
- Corkscrew/Front–Side
- Soccer Kicks

## 14. ANKLES

- Circle front
- Circle back on toes

## 15. BALANCE DRILLS

- Forward–Side–Back–Forward–Tree
- Toe Squats

## 16. WARM UP

- Squats
- 90 degree squats
- Cassock
- Flat footed drop stance
- Monster squats