



**SCOPE CHIROPRACTIC**  
SPORTS INJURY & REHAB CLINIC

**28**

# **TRIATHLON MOBILITY AND MOVEMENT PROGRAM**



**SCOPE CHIROPRACTIC**  
SPORTS INJURY & REHAB CLINIC

# MOBILITY FOCUS

3 X 10 PER SIDE

1. HIP FLEXOR ROCKING
2. THREAD THE NEEDLE
3. STANDING WALL ANGEL
4. WINDSCREEN WIPER



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# **FLEXIBILITY FOCUS**

**3 X 30S HOLD**

- 1. PUPPY DOG POSE**
- 2. SUPINE WALL ANGEL**
- 3. WORLDS GREATEST STRETCH**
- 4. DOWN DOG**



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# STABILITY FOCUS

3 SETS X 5 REPS

1. HINGE TO MARCH
2. GOBLET SQUAT
3. OVERHEAD CARRY



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# CORE FOCUS

3 SETS X 7 REPS

1. BANDED MOUNTAIN CLIMBER
2. CRAB WALK
3. STIR THE POT
4. PRONE PRESS