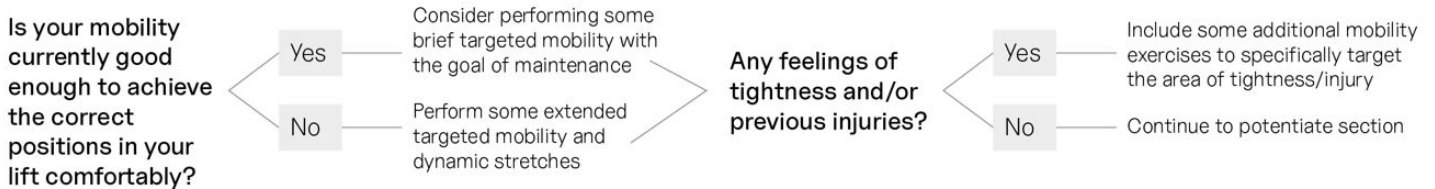




## MOBILISE

Goal: improve range of motion and dynamic flexibility, especially around the joints that will be stressed during the session.



### ★ Mobility exercises for LOWER BODY

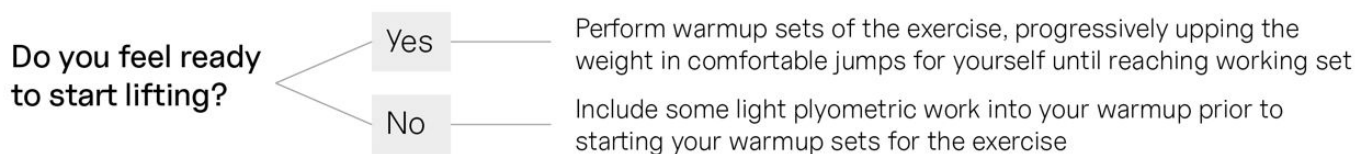
- ✦ Leg swings
- ✦ Hip openers
- ✦ Deep lunges with a twist
- ✦ Hamstring sweeps
- ✦ Banded ankle mobilisations
- ✦ Foam rolling quadriceps/hamstrings

### ★ Mobility exercises for UPPER BODY

- ✦ Thoracic spine rotations
- ✦ Shoulder dislocations
- ✦ Thoracic extension on foam roller
- ✦ Scapular retractions
- ✦ Banded lat stretch
- ✦ Cobra pose
- ✦ Cat/cow

## POTENTIATE

Goal: prime the nervous system and muscle fibres for high-intensity work by doing progressively more explosive or heavy moments.



### ★ Plyometric exercise examples

- ✦ Squat jumps
- ✦ Medicine ball slams
- ✦ Push ups/ clap push ups
- ✦ Kettlebell swings
- ✦ Banded bodyweight squats