

Giulia's Mobility Flow

Focus: create movement in the joints through fluid stretching of the muscles

Exercise Name	Form Tips	# Reps	# Sets
Downward dog to child's pose	-hips reach high up in the DD -sit the hips back as close to the tops of the heels as you can and reach your arms out far forward while in child's pose	10 total	2
Seated side extensions	-gaze the eyes forward, reach the top of the head up and keep the shoulders back -maintain a nice straight posture throughout the movement	10 each side	2
Cobra to child's pose	-peel the shoulder back and open up the chest in cobra -sit the hips back as close to the tops of the heels as you can and reach your arms out far forward while in child's pose	10 total	2
Wide legged hip rocks	-sit the hips back and rock forward with control	10 total	2
Forward fold to flat back	-let the head hang in between the shoulders in a forward fold -bring the hands flat on the shins and maintain a straight back while keeping the gaze pointed towards the floor	10 total	2
Cat/Cow	-cow: arch low back, tilt the head up, poke the hips up and drive the belly down - cat: round the shoulders and back, drop the head, tuck the hips	10 total	2
Half kneeling hip flexor rock to hamstring stretch	-lean the hips down and forward in hip rock -point the front toes up and lean the body down towards the straight leg in hamstring stretch	10 each side	2