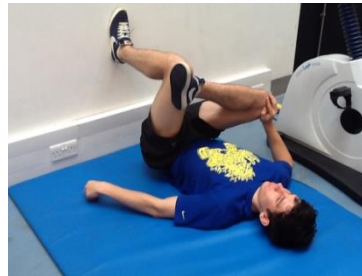


## Release and Mobility - MAG

1. Wall angels (straight & bent arms) 2. Quads / HF's (upright & fwd) 3. Glutes



4. Arm openings / clocks



5. Shell stretch & thread needle 6. Swan



7. Rotation in sitting



8. Mermaid



9. Sleeper stretch



## Tennis Ball / Peanut

Upper back / Lower back / Pecs / Lats / Posterior shoulder / Hip flexors / Glutes / Feet

## Foam Roller

Quads / ITB / Adductors / Hamstrings / Calf / Upper back / Side