



NAME: Emma

TRAINING COMPONENT: Mobility and Soft Tissue Manipulation

| Mobility Drill | Reps | Tempo | Sets |
|----------------------------|--------|-------|------|
| Kneeling Hip Flexor | H:15 | | |
| 90/90 Hip | H:15 | | |
| Kneeling Rectus Femoris | H:15 | | |
| Bird Dog | 6 each | | |
| Supine Hip Extension | 10 | | |
| Wall Ankle Mobilization | 10 | | |
| Wall Slide | 10 | | |
| Neck Rotation/Side Flexion | 5 each | | |
| Walking High Knee | 6 each | | |
| Lateral Squats | 6 each | | |
| Kneeling Scapula Push Up | 10 | | |
| Spiderman | 6 each | | |

Notes: Perform all Foam Rolling and Mobility work before each training session