

MOBILITY

<https://youtu.be/0SNnCr0-9AQ> - The Planes of Motion

The BIG 3

Forward lunge to back step with sweep - Sagittal Plane

- a. Plant right foot, forward lunge with left foot (feel hip flexor and quad stretch), reach up with arms to full range (feel arm and shoulder stretch)
- b. Step back with left foot (keep right foot planted), sweep with arms to full range (feel calf, hamstring, back and arm stretch)
- c. Repeat on other side, complete 5-8 reps on each side

IT band stretch to side lunge - Frontal Plane

- a. Cross right foot over left (planted) foot, lean right (feel IT band stretch) with left arm reaching right (feel left side and arm stretch) to full range
- b. Side lunge to right (feel groin stretch) with right arm reaching left (feel right side and arm stretch) to full range
- c. Repeat on other side, complete 5-8 reps on each side

Full body rotation - Transverse Plane

- a. Elbows up and back, forearms at 90 degrees, chest fully open (feel upper chest stretch and scapula squeeze together), palms facing forward, hold arms in this position
- b. Plant right foot, cross left over right, follow with body, rotating to the right to full range, change direction and cross left foot back over right, follow with body, rotating to the left to full range
- c. Repeat on other side, complete 5 reps on each side

<https://youtu.be/CeDFghlQxGc> - Multiplanar and Transverse Plane Exercises

Low lunge twist reach

Rotating forearm plank

Single leg hip rotation

180 degree turn jump

Thread the needle

Marching twist

Russian twist

Pivot Squat