



EARLY MORNING FLEXIBILITY

Week:

Date:

EARLY MORNING FLEXIBILITY (EMF)

DYNAMIC MOBILITY (8-MINUTES)	TIME
1A) PRONE KNEE TO CHEST	30 SECONDS EACH LEG
1B) CRUCIFIX (ALTERNATE LEGS)	60 SECONDS
1C) OPEN BOOK	30 SECONDS EACH SIDE
1D) BACKSWING ANGEL	60 SECONDS
1E) KNEE SIDE DROP OUT	30 SECONDS EACH LEG
1F) INCH WORM	60 SECONDS
1G) BODYWEIGHT PRISONER SQUAT	60 SECONDS
1H) ARM CIRCLES	60 SECONDS

FLEXIBILITY (6 MINUTES)	TIME
2A) STANDING SHOULDER CROSS BODY STRETCH	30 SECONDS EACH ARM
2B) STANDING HAMSTRING ARM HANG	30 SECONDS
2C) KNEELING HIP FLEXOR	30 SECONDS EACH LEG
2D) DOWNWARD DOG W/ CALF FOCUS	30 SECONDS EACH LEG
2E) COBRA POSE	30 SECONDS
2F) FIGURE 4 LEG LOCK (in honor of Rick Flair - Wool)	30 SECONDS EACH LEG
2G) HAPPY BABY	60 SECONDS

SUMMARY

