

**“Tough times don’t last, tough people do”**

**Sunday - Mobility**

**Ground based to standing**

**Hold stretches for 30-60 seconds, on each side**

**1. Groin Stretch**

[https://www.youtube.com/watch?v=0\\_B\\_Ld\\_ArzM](https://www.youtube.com/watch?v=0_B_Ld_ArzM)

Hold for 30 -60 seconds



**2. Anterior Shoulder Chest Stretch**

[https://www.youtube.com/watch?v=FT5j\\_t\\_Ibik](https://www.youtube.com/watch?v=FT5j_t_Ibik)

Hold for 30-60 seconds on each side



**3. Quadriceps Stretch**

<https://www.youtube.com/watch?v=QI3ZxlgLI4U>

Hold for 30 seconds on each leg



**4. Hamstring Stretch**

[https://www.youtube.com/watch?v=UlpWWCt-K\\_g](https://www.youtube.com/watch?v=UlpWWCt-K_g)

Hold for 30 seconds on each leg



**5. Calf Stretch**

[https://www.youtube.com/watch?v=y01ri\\_43G50](https://www.youtube.com/watch?v=y01ri_43G50)

Hold for 30 seconds on each leg

