

## Mobility

Mobility work is designed to help improve and assist the athlete in being adept in moving through a full range of motion. Typically, this wouldn't be done before the session unless you had a specific area giving you trouble. It should be done after every session however, although this will only restore the athletes' mobility to pre-training state. To actually try and improve flexibility/mobility, this session is best utilised as a stand-alone session at least once or twice per week.

The static stretching or partner stretching should be held for 30sec each side, twice. Moving into uncomfortable position, not pain.

The PNF stretching is done against an object or with a partner. Moving initial stretch to tolerable position for 10sec, then contracting muscle against object or partner for 3sec, stretch is then moved a little deeper for another 10sec, followed by another 3sec contraction, and into a final 10sec stretch. This is then repeated on both sides.

1. Achilles
  - Keep knee bent
  - Push heel into ground
2. Adductor
  - Rotate straight leg to manipulate stretch
3. Calf
  - Push heel into ground
4. Chest PNF
  - Elbow level with shoulder
  - Push into stretch
5. Hamstring PNF
  - Don't rotate bottom leg
  - Keep both legs straight
6. Hip Flexor
  - Don't arch back
  - Squeeze glute to push forward
7. Lat
  - Push ribs away
8. Lower Back Partner Assisted
  - Keep shoulders flat
  - Push knee to ground
9. Quad
  - Keep knees level
  - Push hips forward
10. Upper Back
  - Lay back and let gravity work