



KENT WEALD – (TSC & BSS) 2018-19 POST POOL MOBILITY 7-8 MINS

ROTOR CUFF HOLD 10 SEC EACH ARM



TRI-CEP HOLD 10 SEC EACH ARM



THORASIC STRETCH 5 SLOW EACH ARM



HIP FLEXOR STRETCH HOLD 10 SEC EACH LEG



HAMSTRINGS STRETCH HOLD 10 SEC EACH LEG



COMBO QUAD -HIP FLEXOR STRETCH HOLD 10 SEC EACH LEG



ADUCTORS GRADUALLY APPLY DOWNWARD PRESSURE TO EACH KNEE



LOWER LUMBAR HIP TWIST THROASIC BRING KNEES OVER 4 SLOW EACH SIDE



LATISSIMUS STRETCH PRESS HEAD DOWN BETWEEN ARMS HOLD 10 SEC

