



Stick mobility 3 - Week three

- Complete from top to bottom
- Complete twice this week and also do stick mobility1 & 2 as well
- Only push to your own limits certain parts maybe hard due to poor mobility

Reps	Activity
20	Front leg swings
20	Squats
10	Toe touches
2	90-90 position (at least 30 seconds on each side)
20	Side leg swings
20	Standing lunges
10	Toe touches
2	90-90 position, with an arm stretch (at least 30 seconds on each side)
20	Hip out
20	Calf raisers
10	Toe touches
2	90-90 position, with a side rotation (at least 30 seconds on each side)

Check out the video at willdofitness.co.nz/stick-mobility for more details