

MOBILITY Exercises

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



Directions: For optimal joint mobility and functional movement, perform mobility exercises as needed in addition to my [Dynamic Warm-Up](#).

UPPER BODY	LOWER BODY
<ul style="list-style-type: none"> <input type="checkbox"/> Alligator (4-8x each direction) <input type="checkbox"/> Alternate Arm Raise (5-10x each side) <input type="checkbox"/> Arm Press (5-10x each side) <input type="checkbox"/> Behind Back Reach (3-5x each side) <input type="checkbox"/> Cat/Camel (10-20x) <input type="checkbox"/> Chin Tuck (5-8x) <input type="checkbox"/> Coach RJ Dynamic Warm-Up! ☺ <input type="checkbox"/> Cymbal Crash (4-6x) <input type="checkbox"/> Fast Pitch (4-6x) <input type="checkbox"/> Hand Slaps (4-6x each direction) <input type="checkbox"/> Head-Turn (5-10x each side) <input type="checkbox"/> Head-Tilt (5-10x each side) <input type="checkbox"/> Head-½ Roll (3-5x each side) <input type="checkbox"/> High Reach & Roll (Small to Large) <input type="checkbox"/> Jacks Without Jumps! (5-10x) <input type="checkbox"/> Lateral Reach (5-10x each side) <input type="checkbox"/> Press Up (10-20x) <input type="checkbox"/> Reach, Roll, Lift (10x each side) <input type="checkbox"/> Scare Crow (8-10x each side) <input type="checkbox"/> Shoulders Back & Down (5-10x) <input type="checkbox"/> Shoulder Tap (5-10x) <input type="checkbox"/> Standing ‘Y’ (5-8x) <input type="checkbox"/> Standing ‘T’ (5-8x) <input type="checkbox"/> Standing ‘W’ (5-8x) <input type="checkbox"/> Standing ‘L’ (5-8x) <input type="checkbox"/> Swim Stroke (5-10x each side) <input type="checkbox"/> Twist/Turn (5-8x each side) <input type="checkbox"/> Wrist-Paint (4-6x) <input type="checkbox"/> Wrist-Roll (4-6x each direction) <input type="checkbox"/> Wrist-Swim (4-6x) <input type="checkbox"/> 90/90 (5-10x each side) 	<ul style="list-style-type: none"> <input type="checkbox"/> Ankle Point (2-3x in 3 positions) <input type="checkbox"/> Ankle Roll (3-5x each side-both directions) <input type="checkbox"/> Heisman (5-10x each side) <input type="checkbox"/> Knee Hug (5-10x each side) <input type="checkbox"/> Leg Swing (3-5x each angle) <input type="checkbox"/> Overhead Reach Squat (5-10x) <input type="checkbox"/> Stationary Lunge (5-10x each side)

* Ron Jones (6.1.08)