

Xlathlete.com

Mobility Cool Down

<u>Lateral Under Over The Fence</u>	15 yrds
<u>Duck Walk Forward</u>	15 yrds
<u>Walking Lunge 45 Step</u>	15 yrds
<u>Spiderman Crawl</u>	15 yrds
<u>Toe Reach Squat</u>	10 reps
<u>Bent Leg Hip Rotation</u>	10 reps each way
<u>Dynamic Butterfly</u>	15 secs
<u>Quadrapped Backward Leg Circles</u>	10 reps each leg
<u>Quadrapped Forward Leg Circles</u>	10 reps each leg
<u>Hurdler Twist</u>	10 reps
<u>Scorpion</u>	10 reps each leg
<u>Spread Eagle</u>	10 reps each leg
<u>Cat Cow Shoulder Stretch</u>	10 reps