

SOUTH METRO FIRE RESCUE

STRENGTH & CONDITIONING

Daily Mobility Drills

The routine below is a great option to use as a warm-up for physical training, or as a stand-alone routine to perform daily to maintain or improve your whole-body mobility.

<i>Exercise</i> <i>(click or tap for video demonstration)</i>	<i>Reps</i>
<u>BW Squat</u>	x8
<u>Knee Hug</u>	x5 ea.
<u>Ankle Grab</u>	x5 ea.
<u>Straight Leg Raise</u>	x10 ea.
<u>Iron Cross</u>	x5 ea.
<u>Cat-Cow</u>	x10
<u>Monster Crawl</u>	x5 ea.
<u>Down Dog + Walk the Dog</u>	x15s + 10 ea.
<u>Straddle Stretch (Center / L / R)</u>	x15s ea.
<u>Side-Lying Rotation</u>	x10 ea.