



APPLIED **FITNESS** SOLUTIONS

Mobility Workout

Hip Mobility- Massage Ball(s) & Rollers



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| Mobility Exercise | Sets/Reps | Advanced Cuing |
|---|-------------------------------|--|
| Glute Release w/ Massage Ball | 1-2 sets/side; 45-60sec | Spend more time on areas with greater tension. Working leg can be bent or straight to vary pressure |
| Quad Release w/ Roller | 1-2set/sd; 30-60s | Can bend/straighten leg after finding a tight spot to pin and stretch the muscle. Make sure to address all quadriceps, middle, lateral, medial |
| Quad Attachment Release w/ Ball | 1-2/side; 30- 60seconds | Roll the areas of the quadricep up near the hip (staying off boney areas). Areas of high tension can be addressed with knee flexion/extension |
| Hamstring Release w/ Massage Ball | 1-2/side; 30-60sec | Spend more time on the tight places. Make sure to address all hamstrings, medial, lateral, and middle |