

Movement Exercises

If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful.

UNIVERSAL EXERCISES

[STRIKE](#)

[SUSPENSION](#)

[SHIFT](#)

[TRANSITION](#)

[SPINAL COGS](#)

[PELVIC TILTS](#)

CLASS 1 RELATED EXERCISES

[SUPINE BREATHING](#)

[9090 BREATHING](#)

[SPINAL SEGMENTATION](#)

[SIDELYING BREATHING](#)

[NECK VOR ISO](#)

[ARM SPIRALS](#)

CLASS 2 RELATED EXERCISES

[PELVIC TILTS](#)

[SPINAL SEGMENTATIONS](#)

[NOVEL LOW BACK MOVEMENTS](#)

[9090 KNEE ROLLS](#)

[SPINAL COGS](#)

CLASS 3 RELATED EXERCISES

[TOE YOGA](#)

[CLOCK FACE](#)

NERVE EXERCISES

[SAPHENOUS](#)

[MEDIAN](#)

[PERONEAL](#)

[AXILLARY](#)

[OBTURATOR](#)

[SCIATIC](#)

[RADIAL](#)

[ULNAR](#)

[FEMORAL](#)

[SURAL](#)

[LFC](#)

[SITTING BRACHIAL PLEXUS](#)

LOWER BODY

[STEP WORK](#)

[HIP ABDUCTION LIFTS](#)

[CLOCK FACE](#)

EXTERNAL HIP ROTATION LIFT OFF

KNEE ISO HOLDS

GOOD MORNING

WALL DEADBUG

GLUTE 1

GLUTE 2

GLUTE 3

TEAPOT FRONTAL

HAMSTRING LIFT ECCETRIC

DOUBLE LEG HOPS

HIP ISO SUPINE

TOE YOGA

HIP FLEXION SEQUENCE

SINGLE HOPS PROGRESSION

HIP ABDUCTION BANDED

SINGLE LEG HOPS

SQUAT TO CALF RAISE

BOX JUMPS

TOE WALKS

SIDE DROP DOWNS

PETERSON STEP UP

SPLIT SQUAT – REAR FOOT ELEVATED

SPLIT SQUAT HIGH LOW

LOWER LEG BANDED

GOBLET SQUAT

FOAM ROLLER BRIDGE

CALF BRIDGE ISO

3D HAMSTING STRETCH

BOX JUMPS

NORDIC FALLS

CALF BRIDGE

FFE SPLIT SQUAT HOLD

WALL POGO

GLUTE BRIDGE IN GAIT

STANDING HIP CAR

HIP CAR

SUPINE INTERNAL HIP ROTATION

CALF TAPS

HAMSTRING BRIDGE CHAIR

SPLIT ISO SQUAT WITH REACH

SINGLE LEG REACHING

BENT KNEE COPENHAGEN

ABUDCTION LIFTS

9090 KNEE LIFTS

9090 TOE LIFTS

HIP FLEXION LIFTS

9090 HIP TAPS

SINGLE ISO HAMSTRING BRIDGE

9090 KNEE ROLLS

SIDELYING KNEE TO KNEE

ADDUCTOR KICKBACKS

WALL CALF RAISE

SINGLE HAMSTRING BRIDGE WITH REACH

INTERNAL ROTATION HIP LIFT

INTERNAL ROTATION HIP LIFT 2

DOUBLE LEG ISO HAM BRIDGE

SINGLE LEG STANCE

9090 HIP LIFT WITH A REACH

UPPER BODY

Y SCAP

SWIMMERS HOVERS

WALL ANGELS

WINDMILL

SHOULDER ISO

WRIST ROCKS

MONKEY SHRUGS

ULNAR DEVIATION

DB PULLOVER

GH EXTERNAL ROTATION

BOTTOMS UP KB

PEC STRETCH

ALTERNATING ROW

ALTERNATING PRESS

KB SCREWDRIVER

OVERHEAD PRESS

LAT RAISE

WRIST FLEXION EXTENSION

BANDED UPPER BODY WORK

FINGER EXTENSIONS

FIST PUSH UP

WALL PUSH UP

UEX WALL POGO

SCAP PRESS UPS

TRICEP ISO LOADING

FOREARM RAISES

PRONATION SUPINATION ELBOW

ARM SPIRALS

UEX CO CONTRACTION

CORE AND BACK

[SUITCASE DEADLIFT](#)

[SUMO DEADLIFT](#)

[BEAR KNEE LIFT](#)

[SIDE PLANK CROSS CONNECT](#)

[DEADLIFT](#)

[SINGLE LEG DEADLIFT](#)

[WALL DEADBUG](#)

[SIDE PLANK HIP ABDUCTION](#)

[ALL 4 KNEE TAPS](#)

BREATHING

[REACH BREATHING](#)

[SUPINE CHAIR BREATHING](#)

[SUPINE BREATHING](#)

[MIDLINE BREATHING](#)

[ROCK BACK BREATHING](#)

MISCELLANEOUS

[HIP HINGING ADVICE](#)

[APT ADVICE](#)

