

# MOBILISE



## 1 Warm Up Essentials

Start your warm up with 5-10 minutes of cardiovascular exercise, then perform a **minimum of three mobility exercises** before getting on the water.

### WHOLE BODY MOBILITY



### HIP & ANKLE MOBILITY

LEG SWING VARIATIONS

8-10 each side



LUNGE VARIATIONS

8-10 each side



DOWNWARD DOG

8-10



ARABESQUES OR AEROPLANES



SPIDERMAN WALK

8-10 each side



INCHWORM

8-10 each side



WALKING HAMSTRING STRETCH

8-10 each side



BODY WEIGHT SQUAT

8-10



WAITERS BOW

8-10



### SPINE MOBILITY

THORACIC ROTATION WITH STICK

2 each side



THORACIC EXTENSION WITH STICK

8-10



BOW AND ARROWS

8-10 each side



CAT AND CAMEL

8-10



SCORPIONS

8-10 each side



Remember to move onto **ACTIVATE, Warm Up Essentials: Part 2** and complete some activation exercises before getting on the water...