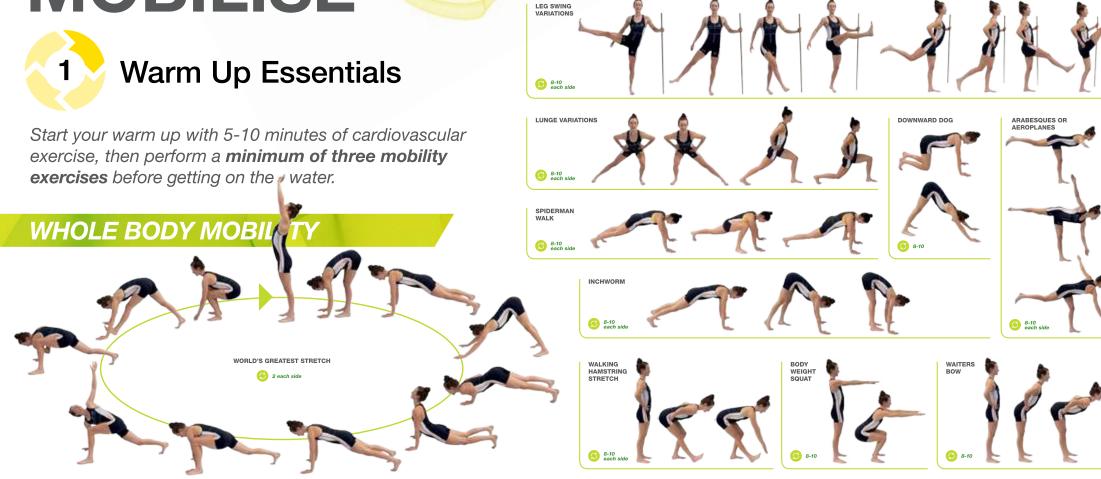
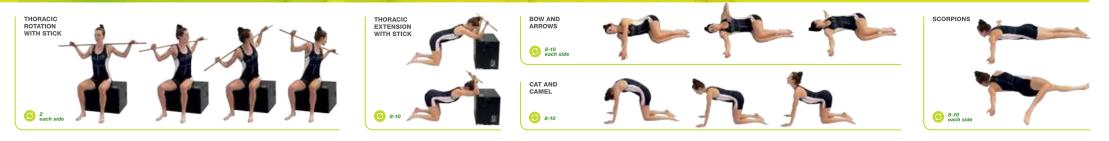
MOBILISE

HIP & ANKLE MOBILITY



SPINE MOBILITY





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



