

## Active Straight-Leg Raise



Opposing lower body movements that help counterbalance the upper body movements found in crawling, walking, lunging, sprinting and stepping.

### ASLR Circuit:

- Crocodile Breathing
- Strap Assisted Straight-Leg Stretch (sub: towel)
- Assisted Leg Lowering (sub: towel)
- Leg Lock Bridges
- Half Kneeling Rotation with Dowel (sub: broom stick)
- Hip Hinge Single Leg with Dowel (sub: broom stick)

## Shoulder Mobility



Opposing upper body movements that help counterbalance the lower body movements found in rolling, crawling, locomotion, throwing, and swinging.

### SM Circuit:

- 90/90 Breathing
- T-Spine Rotation with Rib Grab
- Brettzel
- Trunk Stability Rotations Knees Flexed
- Tall Kneeling Turns with Anterior Load
- Half Get-up (sub: Light Athletic Shoe)

## Ankle Mobility



Supports lower body control from the ground up to do locomotive activity and provides position sense for the many ways we use and change our base of support.

### AM Circuit:

- Stick Work – Calf Release
- Dorsiflexion from Half Kneeling with Dowel (sub: broom stick and book)
- Open Half Kneeling Ankle Mobility (sub: broom stick)
- Hands/Knees Rock Toes Tucked
- Step Over Toes Up (sub: book and wall)
- Single Leg Deadlift Body Weight

## Rotary Stability



Ability to resist rotation when there is a push or pull on one side as well as creating rotation to express the lower and upper body connection with timing and control. As in rolling, crawling, climbing, running, changing direction, swinging and throwing.

### RS Circuit:

- Cat In/Camel Out
- Quadruped T-Spine Rotation
- Half Kneeling Halo (sub: Light Object)
- Quadruped Diagonals (Bird Dog)
- Rolling Upper Body and Lower Body
- Bear Crawl

## Trunk Stability Push-Up



Strong connection between our upper and lower body allows us to resist the forces that would take our trunk out of alignment. Supports activities such plank positions, pushing a heavy object across floor, lifting something overhead, deadlifting or squatting with load.

### RS Circuit:

- Press Up Breath In
- Half Kneeling Hip Flexor Stretch
- Tall Kneeling KB Halo (sub: Light Object)
- Plank Pelvic Tilts
- Log Rolls
- Push-up Walkouts