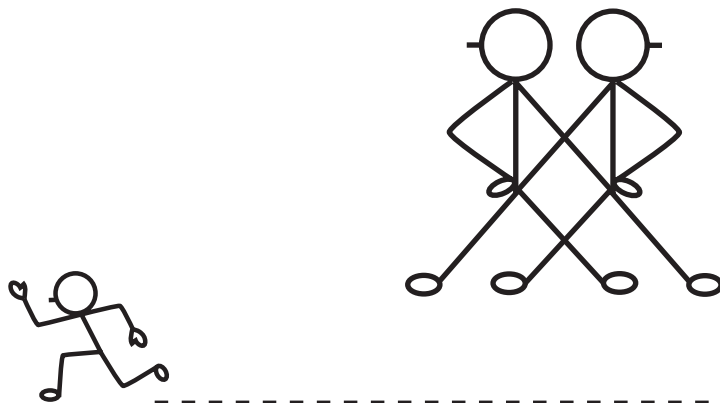


MOBILITY EXERCISES

A1

1. NECK

- Head slightly forwards, hands on hips and feet astride.
- **Slowly** turn your head to the right, then to the left.
- Repeat several times. (*Do **not** move the head backwards.*)



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MOBILITY EXERCISES

A2

2. SHOULDERS

- Rotate shoulders **forwards** both at the same time. Repeat, rotating the shoulders **backwards**.
- This could be further exaggerated by using arms to “front crawl” and “back crawl”. Repeat in both directions both times.



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