

# PRE PT SESSION WARM UP ROUTINE.



## mobilisation

### *foam rolling*

*inc glutes hamstrings hips quads adductors & thoracic extn*  
*30 seconds each*



### *spiderman lunge*

*10 each side*



### *hindu pushups*

*6 nice & slow!*



### *scorpions*

*6 each side with a pause*



## activation

### *superman*

*10 each side*



### *"w" push ups*

*10 nice & slow*



### *scapular retraction*

*Yellow band x 10*



### *lateral band walks*

*10 each way*

